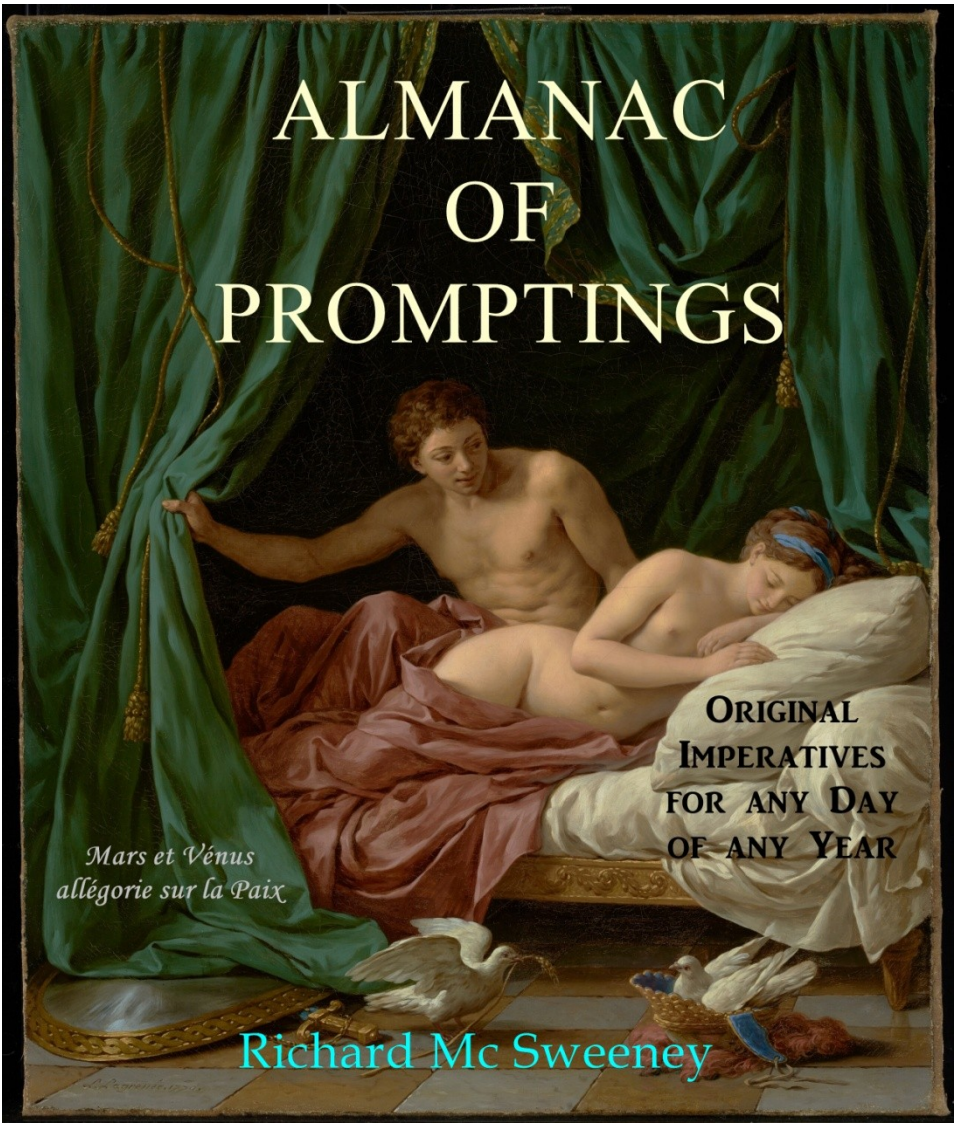
ALMANAC OF PROMPTINGS



ORIGINAL IMPERATIVES FOR ANY DAY OF ANY YEAR

Mars et Vénus allégorie sur la Paix

Richard Mc Sweeney

Almanac of Promptings

Original Imperatives for any Day of any Year

By

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ALMANAC OF PROMPTINGS

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Preamble

One Thousand Five-Hundred and Ninety-One

Personal Growth gems painstakingly created
by
Richard Mc Sweeney
~ September 2021 to October 2022 ~

A positivity-themed collection of
Pro-verbs: Original Imperatives for any Day of any Year.

Appeal they will as much to young Adults as to Nonagenarians.

Some four hundred or so of the shorter ones have already
appeared in calendars for the years 2022 and 2023.

A consistent focus is on being of an all-round awareness;
on being self-disciplined and of a moral integrity.

An invitation there is to think beyond any and all self-constraining
hand-me-down ways of looking at life be they religious,
philosophical, scientific or otherwise.

Nuanced metaphors abound.

The florilegium's aesthetic significance may be said to dwell
in its exhilarating sense of freedom from implied previous
ways of looking at everything and the potential to look
at self and everything in a whole new light.

Almanac of Promptings

Original Imperatives for any Day of any Year

Create your heavens and earth from the dawning of the new day. {1}

Be formless. {2}

Be darkness over your deep. {3}

Hover over situations throughout the day like a bird hanging in the air over its young in the nest. {4}

Be light good. {5}

Be darkness good. {6}

Blend your light from your darkness; your darkness from your light. {7}

Call your light say ‘day’, and your darkness ‘night’. {8}

Part divide your above from that of your below; your below from that of your above. {9}

Call your above say ‘heaven’. {10}

Appear dry land in the midst of your ocean. {11}

Call your dry land say ‘earth’. {12}

Divide and flow to and fro your ocean waters from your river waters; your river from your lake; your lake from your stream and your stream from your spring. **{13}**

Teem your air, land and waters with lifeforms of innumerable varieties. **{14}**

Be the lights of your heaven: your sun, moon, stars, galaxies and nebulae. **{15}**

Shine your heavenly lights on your earth. **{16}**

Have your heavenly lights be more than merely lamps that light your earth and regulate your calendar of doing things. **{17}**

Govern well your day; your night sleep well. **{18}**

Make yourself this day in your own image and likeness. **{19}**

Be master of no one or nothing other than of yourself. **{20}**

Make not completeness of you an objective or a goal; a work rather in continual progress be. **{21}**

Be doing when you need to be doing; resting when you need to be resting. **{22}**

Be the origins of your heaven and earth. **{23}**

Be majestic in your words; your actions of fullness be. **{24}**

Be singular, plural and multiple in your thoughts. **{25}**

Prepare your mind to interpret anything you see or hear. **{26}**

Plant; spring up and cultivate your own thoughts. **{27}**

Send rain on the fields of your mind. **{28}**

Till and care lovingly your mind. **{29}**

Let high winds and pouring rains drench and flood your mindscape from time to time. **{30}**

Fashion yourself from all the givens of the new day. **{31}**

Gently and long slowingly breathe through your nostrils. **{32}**

Breathe life into yourself. **{33}**

Become a fully living being. **{34}**

Plant gardens in your mindscape; in its east, west, north, south and center them plant. **{35}**

Plant in your gardens growing things suitable to the soil and clime. **{36}**

Be in your gardens to relax, tend and contemplate. **{37}**

Enticing be you to look at and to listen to. **{38}**

Be a tree of life: a tree of good knowledge and

profound wisdom. {39}

Flow springs, streams and rivers to your seas. {40}

Be golden in the purity of your thoughts, ideas, silences, words, inactions and actions. {41}

Cultivate your mind and take the very best care of it. {42}

Eat with moderation according to your need for sustenance of any and all the vegetables and fruits of your garden. {43}

Be a collective noun; an evolving verb. {44}

Symbolise immortality. {45}

Be unknown and known; known and unknown. {46}

Have your silences be fragrant; your speaking aromatic. {47}

Reserve knowledge of some matters as a privilege to yourself alone. {48}

Discern and clearly decide for yourself what is clearly good; what is definitely not good and act accordingly. **{49}**

Fully recognise who you are; be a complete moral independent. **{50}**

Be not alone; help yourself. {51}

Fashion wild ideas. {52}

Don’t name every idea that comes into your head. {53}

Seek for ideas that suit you. {54}

Sink some of your thoughts into a deep sleep to have them dream. {55}

Enclose your thoughts in the endlessness of wide-open space. {56}

Build of your ideas wonders before you in the midair. {57}

Leave yourself to be with yourself. {58}

Become one. {59}

Clothe your thoughts when you need to, otherwise let them be in their natural state. {60}

Be subtle. {61}

Don’t take to heart everything you see; everything you hear. {62}

Be careful what fruit you eat and what fruit you don’t eat. {63}

Live your life. **{64}**

Open your eyes to see what needs to be seen: everything you don’t need to be looking at. {65}

Be like yourself and nobody else. {66}

Know good but know that not everything is good for you. {67}

Please your eyes and ears with sights and sounds that have you to your senses come round. {68}

Desire knowledge; seek knowledge and knowledge find. {69}

Eat your daily life as you would the very finest of food; with gratitude and pleasure it consume. {70}

Share your blessings. {71}

Realise things about yourself. {72}

Sew thoughts of yours together to make an exquisite garment, rug, carpet or tapestry. {73}

Prepare and culture your mind for the day nightly interpretation of reality. {74}

Be your own strength for yourself. {75}

Be a human human being as opposed to an inhuman one. **{76}**

Be at peace with yourself; at peace with others and the world be. **{77}**

Know yourself to be of the rock, soil, water air and starry heavens. {78}

Know yourself to be a geographical entity. {79}

Know yourself to be both a symbol and a reality of immortality. {80}

Think good; speak good and do good. {81}

Act according to the goodness that is in you. {82}

Have your mind be forbidden fruit for others but not for yourself. {83}

Listen to the sounds of Nature in your surround. {84}

Stroll in your garden in the early dawn. {85}

Hide your thoughts most of the time from all. {86}

Be in fragrant groves. {87}

Call to yourself: “Where am I?” {88}

Listen to the tones of words spoken. {89}

Let fear have its sway; no harm will it to you bring. **{90}**

Tell yourself about yourself. **{91}**

Eat of the very goodness of ideas. **{92}**

Forbid yourself to forbid. {93}

Put yourself with yourself. {94}

Give yourself your daily bread and water to drink. {95}

Ask yourself: “What is it I do?” {96}

Let no one or nothing tempt you to say or do anything which you don’t want to say or do. {97}

Be the blessing of Nature you are meant to be. {98}

Don’t eat dirt; drink not stagnant water. {99}

Be a neighbourly friend to everyone. {100}

Crush not the ant that happens to be on its busy way across your path. {101}

Multiply your good thoughts. {102}

Effortlessly give birth to new ideas. {103}

Lord it not over yourself; over any one or any a living thing. {104}

Listen to the voice of your life. {105}

Eat from your day nightly life with gratitude and joy. **{106}**

Forbid yourself to eat of knowledge which you

know well won’t be good for you. {107}

Bless yourself with the blessing of yourself. {108}

You are your own garden; tend to yourself well: not letting yourself be overtaken by briars. {109}

Eat of wild thoughts as you would any a thought. {110}

Make your effort. {111}

Return goodness to every word spoken to you. {112}

Return gratitude with gratitude. {113}

Name your thoughts but for a moment if needs be; otherwise let them just to be playing away namelessly for themselves in the valleys, hills and fields and along the shores of your mind. {114}

Name yourself for yourself alone, a new name each new day. {115}

Be the very best parent you can of your ideas. {116}

Cloth your thoughts and ideas in sophisticated simplicity. **{117}**

Become like no one but yourself. **{118}**

Allow yourself to stretch your arms forth to the sun. **{119}**

Pick with gratitude and joy from life as you would fruit from a tree. **{120}**

Eat of the sunrays dawn midday and eve. **{121}**

Live for the forever of every moment. **{122}**

Expel troublesome thoughts from your mind. **{123}**

Guard you mind as you would your body; your body as you would your mind. **{124}**

Conceive different ways of appreciating reality: say from the point of the bird on the wing, the fish in the waters or the horse grazing in the field. **{125}**

Acquire goodness. **{126}**

Become a shepherd when you are with sheep; a cowherd with cattle. **{127}**

Till not every part of your mind for some parts need to be left grow wild. **{128}**

Delight in bringing thoughts, silences, words, inactions and actions to your new day. **{129}**

Produce of your words and actions goodness. **{130}**

Have your last thought of the day be as precious to you as your first thought of the day. **{131}**

Look with favour on yourself. **{132}**

Calm the angry; lift up the downcast. **{133}**

Ask yourself, “What good is there in I getting angry; what advantage in letting myself become downcast?” **{134}**

Lift up your head: let your gaze be into the horizon. **{135}**

Be not into doing wrong or harm to yourself or to anyone or to anything. **{136}**

Ask yourself, “Where did I lose myself; where did I myself find?” **{137}**

Be the guardian of yourself. **{138}**

Ask yourself: “What am I doing?” **{139}**

Be not just a listener to words but to the silences within and between them. **{140}**

Listen to the ground, the trees, the waters and the hills. **{141}**

Use your words very carefully for not alone do they have the power to bless, they also have the power to curse, and as all blessings will return to you so too will the curses. **{142}**

Receive good news as you would the sight of sunshine upon waters. **{143}**

Till with love the gardens of your mind that they

may yield to you their produce in plenty. {144}

Bear the little difficulties of the day for they as the hazes of the morn will slip away. {145}

Push yourself out of harm's way. {146}

Hide not from yourself. {147}

Actively prevent your eyes from looking at anything that you know quite well will for the longest time ever keep on coming back to hurt you. {148}

Actively prevent your ears from listening to anything that you know quite well will for the longest time ever keep on coming back to hurt you. {149}

Actively prevent yourself from doing anything that you know quite well will for the longest time ever keep on coming back to hurt you. {150}

Avoid leaving the presence of yourself. {151}

Settle your mind. {152}

Be a descendant of yourself. {153}

Become a skilled builder of wondrous ideas. **{154}**

Be ever-ready to give a good word. **{155}**

Don’t be an inventor of indecencies. **{156}**

Proclaim goodness in your surroundings; proclaim it to the world and to the generations. {157}

Be not at enmity with yourself or with anyone. {158}

Be the posterity you wish to see. {159}

Express mighty interpretations of reality. {160}

Don’t lose your intimacy with yourself. {161}

Let go of any hereditary guilt you might be carrying. {162}

You are a privilege of Nature, usurp it not. {163}

Know that you are both a mortal and immortal gift of Nature. {164}

Be a developing realisation. {165}

Attempt to think broader, higher and deeper. {166}

Think back to as far back as you can and see how far that takes you. {167}

Know yourself to be a universal significance. **{168}**

Make an assumption about yourself. **{169}**

Delight being in the new day. **{170}**

Play on words. **{171}**

Prefer saying less to saying more. {172}

Appreciate the themes that run through your frequent thoughts. {173}

Be as the first appearance of the sun come out of the dawn. {174}

Allow yourself the freedom of choice to prefer one thought over another. {175}

Be a Nature standard of greatness. {176}

Regard your lowly thoughts, your highly thoughts and your in between-ly thoughts. {177}

Approximate as opposed to not venturing to have a thought on something. {178}

Intentionally allow yourself a distraction to overcome a temptation. {179}

Protect yourself by walking uprightly; such a demeanour is clearly understood by all to be a sign of strength. {180}

Indicate by your words and actions that you are a person who will exact integrity for integrity. {181}

Know whole swats of your mind to be as yet unidentified lands. **{182}**

Realise yourself to be more than merely a fragment of Nature. **{183}**

Vary in form. **{184}**

Listen to the beauty of your voice and the charm of its words. **{185}**

Invoke goodness throughout your day; come to entering the night do the same. **{186}**

Know your thoughts and ideas have descendants. **{187}**

Have yourself be in the likeness of yourself. **{188}**

Bless yourself by Nature; bless yourself by yourself. **{189}**

Know yourself to be the parent of your ideas. **{190}**

Walk with Nature. **{191}**

Vanish certain thoughts from your mind. **{192}**

Be a consolation to those in need of consolation. **{193}**

Be plentiful in your mind. **{194}**

Disgrace not yourself in yourself. **{195}**

Be unto yourself heroic. **{196}**

In your heart fashion nothing but goodness. **{197}**

Connect with your past. **{198}**

Bridge the intervals between the ways you used to look at things when you were younger and how you look at them now. **{199}**

Know that much of your speaking is made up of the fossilised remains of ancient ways of looking at things. **{200}**

Don’t be surprised that many of your thoughts differ considerably from one another. **{201}**

Know that even to live from a sunrise to a sunset is a phenomenal length of life compared to that of certain lifeforms. **{202}**

Be a blessing throughout the day. **{203}**

Know yourself to be a quality of Nature. **{204}**

Distinguish your morning self from your afternoon self; your afternoon self from your eve self. **{205}**

Realise that your thoughts enjoy appearing mysteriously as they do vanishing mysteriously: enjoying they do being given and taken away by Nature. **{206}**

Insert fragments of traditions into your conversations to make them more interesting; them the conversations and them the traditions. **{207}**

Explain nothing beyond its clear simple definition. **{208}**

Search out the legends of your mind. **{209}**

Present facts as facts and myths as myths; never the two do mix. **{210}**

Record in your conversations anecdotes from your life. **{211}**

Provoke not disasters and calamities by your misuse of certain words; in particular of certain phrasal verbs for semantic units all come with a potency activated by the speaker’s intentions and tone. **{212}**

Combine and skilfully weave different narratives in your conversations. **{213}**

Have your words be vivid and picturesque yet as subtle as haze or mist. **{214}**

Say things that you won’t ever regret having said them. **{215}**

Let yourself grieve over things that you as a human being should be grieving over. **{216}**

Rid your mind of bothersome thoughts. **{217}**

New daily find favour with yourself; new nightly too. **{218}**

Realise that you are a story being lived and told by you. **{219}**

Be a good person: a person of integrity in your heart, mind and body, and as such be in the home, in the community, in the world, and in the way away beyond. **{220}**

Walk with the goodness of Nature. **{221}**

Grow your mind clear in Nature's sight and be filled with joy. **{222}**

Contemplate the new day; know it to be goodness generously spread out there before you for your journeying. **{223}**

Efface mistruths from your mind. **{224}**

Have entrances to your mind be placed well above high watermarks. **{225}**

Let drenching rains flood regions of your mind from time to time; gale force winds to howl through its forests and groves. **{226}**

Don't destroy a human life be it dwelling within or outside the womb; be it be but a few moments old or a hundred years. **{227}**

Know yourself to be but one of the myriad lifeforms cohabitating this beautiful place out here in the environs of a stupendous galaxy. **{228}**

Establish agreements with yourself. **{229}**

Provide yourself with eatable thoughts of all kinds; laying them in store to serve as food for any a time. **{230}**

Refrain from ordering yourself to do anything. **{231}**

Be a good person in Nature’s judgement. **{232}**

Generously propagate your mind with the very best of thoughts. **{233}**

Never convince yourself nor let yourself be convinced that you have to escape from your mind. **{234}**

Appear in your day. **{235}**

Rain nourishing showers on the fields of your mind. **{236}**

Know yourself to be a refreshing breath of life. **{237}**

Close the door shut behind some of your observations. **{238}**

At times sail your ideas; at times them swim and at times them again float. **{239}**

Destroy not your mind. **{240}**

Keep yourself in mind. **{241}**

Send from time to time winds of change across your mind. {242}

Gradually ebb flood waters from inundated regions of your mind. {243}

Rest your ideas on the summits of mountains and on cliffs by the sea. {244}

Don’t’ try to hold on to a receding thought. {245}

Oft return to your mind. {246}

Look out at the world. {247}

Be precise and sophisticated. {248}

Leave what needs to be unchanged unchanged. {249}

Attempt not to try and smooth out every wrinkle; every divergency of detail. {250}

Know some of your thoughts and ideas in some respects will always be remarkably similar to the thoughts and ideas of others. {251}

Draw and derive your ideas from a variety of sources as does the honeybee nectar from various flowers. {252}

Don’t enlarge your little temporary worries to the dimensions of a worldwide catastrophe. **{253}**

Be a fundamental difference. **{254}**

Use your mind as a vehicle for creating, storing and teaching both immediate and eternal truths. **{255}**

Be merciful as Nature is full of mercy. **{256}**

Realise that thinking wrong, saying wrong and doing wrong are totally incompatible with your sanctity. **{257}**

Don’t take everything too literally. **{258}**

Be aware that your silences, words, inactions and actions affects everyone and everything; even the planet itself. **{259}**

Avoid being irrational. **{260}**

Distinguish good from not so good. **{261}**

Refrain from bursting the barriers that Nature has set. **{262}**

Come out of your shell. **{263}**

Crawl not on the earth; you are not a snake. **{264}**

Choose the very best of words and phrases when expressing yourself; settle not for the notion that any old linguistic stitching at all will do, for it won’t. {265}

Scent fragrances. {266}

Don’t curse anyone or anything. {267}

Be of today; not yesterday, and definitely not be of tomorrow until into it you make your appearance. {268}

Be not the terror nor the dread of any a living thing. {269}

Provide yourself with fruitful thoughts. {270}

Acknowledge and accept that Nature is not giving you everything for It doesn’t need you to have everything. It needs a bird to fly but you to walk. {271}

Know Nature to be good; be good. {272}

Lord it over no one but yourself. {273}

Establish worthwhile thoughts. {274}

Sweep troublesome thoughts away as you would dust from a garden path. {275}

Destroy not even your shadow. {276}

When the sun in rain shines set a rainbow in your sky. {277}

Recall to mind rainbows of childhood.
{278}

Know yourself to be of every lifeform that is found

on the planet. {279}

Drink the early morning sunlight. {280}

Uncover your mind to the starry heavens. {281}

Make not anyone or anything your slave; nor be you a slave to anyone or anything, including yourself. {282}

Have your good ideas have many descendants. {283}

Know that some of your ordinary everyday nightly ideas are destined to become outstanding ideas. {284}

Stabilise yourself when troublesome thoughts suddenly appear, as would a bird skilfully do when taken unawares by a sudden gust of wind. {285}

Patiently lead yourself to goals that you have determined. {286}

Know that Nature has not consecrated you to be lord of the planet nor of the Solar System or of any a galaxy near or far. {287}

War not with your fellow humans; war not with any a lifeform, and all in all don’t war with the planet. **{288}**

Realise you belong to Nature and as such Nature

is always taking the very best care of you. {289}

Don’t avenge anything. {290}

Whenever the need arises, don’t hesitate to delegate some of your ideas to some of your other ideas for they may be better suited to bring things to fruition. {291}

Embrace goodness. {292}

Be faithful to Nature. {293}

Be aware that your words are operative in that what you say today could be worked out in future generations. {294}

Let others easily find a richness of hospitality in you. {295}

Know yourself as having human, historical and geographical affinities and relationships. {296}

Be prepared to modify your thoughts whenever better ones appear or are presented to you by someone else. {297}

Assert the unity of your mind. {298}

Don’t be complacent. **{299}**

Know your thoughts to have many complementary aspects. **{300}**

Have your mind fully play its part in your overall wellbeing. {301}

Disperse your ideas into the air to let them travel to who knows where. {302}

Include at least some three to five considerations in your deliberations. {303}

Have your mind be without frontiers. {304}

Speak a second language; a third, a fourth, a fifth and more as you can. {305}

Be as settled in your house on the land as you would sailing a boat on the seas or flying a plane in the sky or commanding a shuttle in the atmosphere way out and out beyond. {306}

Make something with your hands today. {307}

Bake some bread. {308}

Build yourself a nest in a great oak tree in some valley of your mind. {309}

Freely and generously scatter your thoughts from place to place. {310}

Come down from the summits of your mind to stroll awhile along by your fields and streams; along by your forests and shores. **{311}**

Don’t yourself confuse. **{312}**

Scatter no-need-for-thoughts away from you. **{313}**

Stop looking behind you when you should most definitely be looking in front of you; looking in front of you when you should be looking behind you. **{314}**

Don’t confuse when speaking. **{315}**

Go visit from time to time islands and seaboards of your mind. **{316}**

Restore thoughts you loved having. **{317}**

Know that many of your thoughts will be of uncertain identity. **{318}**

Situate yourself on a hill to enjoy contemplating the valley; in the valley the hill. **{319}**

Indicate clearly where the northern, southern, eastern, western, central, below and above regions are located as opposed to not having a clue. **{320}**

Have your voice place the words of your mind in the order you want them to be spoken. **{321}**

Let your narratives give different explanations for the diversity of your ideas. **{322}**

Be a door; a gateway. **{323}**

Although interrupted resume beautiful thoughts. **{324}**

Introduce at least two to five new thoughts daily into the air. **{325}**

Enjoy giving different temporary names to things while all the while ever keeping before you the unequivocal truth that Reality does not lend Itself to being enclosed in or by language. **{326}**

Go with your thoughts to as far as they will take you. **{327}**

Don’t hesitate to leave one idea for another when you know that is the way to go. **{328}**

Show directions to your thoughts should they find themselves lost. **{329}**

You are great even without doing a thing; make yourself greater. **{330}**

By your thoughts, silences, words, inactions and actions bless yourself. **{331}**

This moment, set off into some unknown valleys and hills of your mind for the discovery of new thoughts and ideas; there in plenty are they to be found. **{332}**

Courageously pass through alluring regions of your mind. **{333}**

Appear to yourself. **{334}**

Move on from one thought to another; even back and forth if needs be: but move. **{335}**

At times pitch your ideas in your mind as you would a tent; them therein spend the night only to rise early to watch the starry heavens of dawn. **{336}**

Give an idea time enough to work its way stage by stage to where it wishes to take you. **{337}**

Don’t linger your ideas for too long on thresholds. **{338}**

Know that you are a beautiful person. **{339}**

Treat your mind well and well able you will be to treat your body well. **{340}**

Do out of regard for yourself. **{341}**

Take yourself to mountain slopes of your mind; from there view the over below, the wide about and the way above. **{342}**

Receive your thoughts and ideas with gratitude and joy. **{343}**

Don’t inflict anything on yourself or on others or on anything. **{344}**

Return from time to time to much beloved regions of your mind. **{345}**

By stages take things on. **{346}**

Travel with your mind as it journeys along; be to it the very best of companions. **{347}**

Don’t seize the ideas of others and make off with them as if that is an acceptable thing to be doing. **{348}**

Let there be no disputes between you and your mind; you and your body nor between your mind and body for you are all of the one and the same. **{349}**

Know that your mind is yours and not anyone else’s or anything else’s. **{350}**

Take a moment; take moments to look around at the vastness of your mind found; even in its nearest region. **{351}**

Chose to walk into the new day. **{352}**

Look around you; know there is so much to be seen and observed. **{353}**

Don’t be wasting your valuable time trying to count specks of dust of the pathway; pebbles of the shore, rain droplets on the waters, air particles among the trees or stars in the way wide away heavens. **{354}**

Know that however far and widespread you will travel throughout your mind you will never reach an end for your mind is of no-ending lengths, breadths, heights and depths. **{355}**

Set out each day for at least one unknown region of your mind; some days you will reach them, some days you won’t. {356}

Know with respect, gratitude and joy that it is to Nature you owe your existence and destiny. {357}

Be the blessing of Nature that Nature needs you to be. {358}

Know your mind to be beautiful, astute and protective. {359}

At times lead yourself by leaps and bounds to have a deeper appreciation of more profound ways of looking at everything; otherwise take your time: gradually do so. {360}

Avoid choosing a life of ease for your mind; a life of ease in the sense of not challenging it to think deeply enough. {361}

Know that you belong to no one; not even to yourself do you belong; belong you do to Nature. {362}

Find your most natural setting to be in the given moment of the given day; of the given month, year, century and millennium. {363}

Imagine things that have not yet come into existence: things that you have not met with elsewhere in your life. {364}

As the need arises wheel round on your ideas. **{365}**

Take refuge from storms; there remain until they have well passed and it is safe to emerge. **{366}**

Accommodate your views to any a given situation or conversation yet do not be over yielding. **{367}**

Don’t take another’s ideas captive. **{368}**

Bring freshly baked bread to the new-day table. **{369}**

Enrich your mind. **{370}**

Realise that things are always happening right now and will always be happening some time later. **{371}**

Speak to yourself as if you are appearing to yourself in a vision. **{372}**

Know that you alone are the heir to your thoughts and ideas. **{373}**

Gaze into the starry heavens without attempting to put numbers or mathematical geometries on to what there you are seeing. **{374}**

Put your faith in Nature. **{375}**

Say to yourself, “I am of Nature; Nature and me are one. Together we were; together we are and together we will be.” **{376}**

Know this for certain: you have been, you are and will be an existence in continuity. {377}

Don’t enslave or oppress your mind; your body will have no recourse but to suffer the consequences. {378}

For your part, be noble in thought, word and action. {379}

Set your sun that you may have night; it rise that you may have day. {380}

Listen to your words as you speak them. {381}

Agree to nothing that will bring hurt to your mind; nothing that will bring hurt to your body or to them both. {382}

Let everyone and everything count for something in your eyes. {383}

Identify yourself with yourself. {384}

Recognise that in your conversations with anyone certain thoughts will only be making a brief and mysterious appearance; keep talking. {385}

Develop and enrich your metaphorical interpretations of happenings. **{386}**

Hold on to truths that you have always known to be true. **{387}**

Recognise that in your thoughts are embedded thoughts that are older than the hills and streams. **{388}**

Allow some of your thoughts to be delayed. **{389}**

Think, speak and do without having misgivings: knowing that what you are thinking, saying and doing is good; is very good indeed. **{390}**

Know that your faith in yourself is a courageous act of trust. **{391}**

Acknowledge that your presence in the world is essential to the upkeep and promotion of goodness. **{392}**

By your non-thoughts, thoughts, silences, words, inactions and actions be pleasing to yourself; pleasing to Nature. **{393}**

Have your actions be in harmony with your thoughts; your thoughts with your actions. **{394}**

Know that your thoughts always signify something, though what that something might be may not always become immediately clear. **{395}**

Be aware that your words and actions have symbolic overtones and undercurrents. **{396}**

Realise that some elements in your speaking will be from unknown sources; from sources that

however much you try to discover you won’t be able to. {397}

Go meet some of your ideas by groves; some by streams, some by rivers, some by wavy seashores; some by clouds, some by hills and fields, and many the places more for great vast and various is your mind. {398}

Accept that oft you will not know from where your thoughts have come nor where they are going. {399}

Don’t run away from yourself. {400}

Listen to yourself. {401}

Be in your own presence. {402}

As an act of worship bow not your body neither to the ground, to the trees, to the mountains, to the sun, moon nor stars; but above all bow it not to anybody else living or deceased; not even as such to its own shadow have it in worship bow. {403}

In addition to your given names and with appreciating the etymology of certain other names; enjoy the feeling of calling yourself to yourself by different names. **{404}**

Know that for your mind to be fruitful it needs to think as your muscles need to move to be healthy. **{405}**

Know that in perpetuity is to be found in moments. **{406}**

Descend from the hills of your mind; from its valleys ascend. **{407}**

Live in your own presence. **{408}**

Know yourself to be an ancient text. **{409}**

Know yourself to be a form visible to others. **{410}**

Avoid feeling you have to ingrain religious and moral obligations in your mind to be a good person; be a good person. **{411}**

Walk before yourself; behind yourself and along with yourself. **{412}**

Be aware that not alone does your name indicate you, it goes towards making you who you are. **{413}**

Know that changing your name changes your destiny. **{414}**

Know that often your words; your advice to others could take ages to receive their full prominence. **{415}**

Be content when you need to be content. **{416}**

Only gradually; very gradually reveal your views on anything. **{417}**

Visit yourself every new dawn. {418}

Allow pleasure to come your way. {419}

Know that there is nothing too wonderful for you to imagine. {420}

Accompany yourself. {421}

Conceal from the world many of your thoughts and ideas. {422}

Maintain the way of Nature by living wholesomely. {423}

Be determined to know what makes you and everything so. {424}

Give yourself leave to speak when you ought to speak; to remain silent when you ought to keep silent. {435}

Enjoy from time to time sitting by one of the many gates to your mind; there to be observing the comings and goings of not alone your own thoughts and ideas but also those of others. {426}

If by the coming in of night you still have not completed a thought-journey; continue it with the coming in of the new day. {427}

Spend many a night in the wide open deserts of your mind gazing up on over and out at its wondrous heavens. **{428}**

Prepare your mind in the morn to think about something come the afternoon; come the afternoon something come the eve. **{429}**

Close the door behind an idea you let out into the world. **{430}**

Don’t set yourself up as a judge of anyone. **{431}**

When dawn breaks take to sitting beside your bed; with the first rays of the sun appearing on the horizon rise to your feet and take to moving about. **{432}**

Take time to look behind you; time to look where you are and time to look where you intend to go. **{433}**

Accept that some of your thoughts and ideas could remain for the longest time ever unintelligible even to you never mind to others. **{434}**

Be aware; be aware and be aware. **{435}**

Visit yourself in dreams of night and naps of day. **{436}**

Have your conscience be clear and your hands clean. {437}

You yourself prevent yourself from doing anything you shouldn’t be doing. {438}

On occasion ask yourself: “What possessed me to do that?” {439}

Deal kindly with everyone. {440}

Give yourself causes to smile; causes to heartily laugh. {441}

Know yourself to be an inheritance of Nature. {442}

Don’t distress yourself on account of the world for there is much more to the world than you know. {443}

Be wary of popular explanations for anything. {444}

Look carefully into your ruling motive for not saying or saying something; for not doing or doing something. {445}

Culture yourself to be of a mature morality. {446}

Realise there are numerous streams of traditions running together in your mind; some of them running parallel for certain stretches of the way. {447}

Appreciate that you won’t be able to put suitable words to some of your thoughts and ideas: however much you try to simplify them for they are beyond the capture of language. {448}

Open your eyes not just for them to see but as importantly to observe. {449}

Know that you are with yourself in all you are doing. **{450}**

Don’t trick yourself or anyone else. **{451}**

Show the same kindness to your afternoon self as you did to your morning self; your morning self as to your night self, your night self as to your evening self and your evening self as to your afternoon self. **{452}**

Know yourself to be a guest on the planet. **{453}**

Present ideas to yourself for worthwhile consideration. **{454}**

Be kind; go plant some trees in your mind. **{455}**

Stay for as long as you can with a thought. **{456}**

Know something will always happen sometime later; that later though could very well be in the upcoming moment. **{457}**

Be where you are. **{458}**

Come the new day resume the journey; the journey of your mind. **{459}**

Look up at the sky of day and the starry heavens of night. **{460}**

Stay with yourself when with yourself you need to stay. **{461}**

Provide plenty of food for thought. **{462}**

Don’t try to rearrange the position of the sun in the sky. **{463}**

Do not raise a hand against yourself or against anyone. **{464}**

Do no harm to yourself: neither to your body nor to your mind. **{465}**

Make your effort and Nature will for you provide. **{466}**

Know yourself not to be a stranger to Nature. **{467}**

Be a blessing of Nature. **{468}**

Be aware that in all probability you are unknown to yourself making use of thoughts in your conversations that not alone come to you from not so long ago but from ages and ages ago and who knows even from beyond the gates of antiquity. **{469}**

Let go of the presumption that Nature has given you exclusive proprietary rights to Planet Earth; to the Moon or to any of the other planets throughout the Solar System including the Sun. **{470}**

On no account take advantage of anyone. **{471}**

Be with yourself today; showing yourself kindness. **{472}**

Whosoever should ask of you a drink of water give it to them; so too bread until they have had enough. {473}

In silent awe observe the way of the butterfly, the honeybee and the ant. {474}

Don’t stop showing to the world kindness of thought and goodness in word and action. {475}

Let Nature be the guide for your steps. {476}

Take time to suppose but don’t over suppose. {477}

In your own presence walk. {478}

Enjoy turning ideas over in your mind. {479}

Spend night in the night and day in the day. {480}

Let your thoughts be of beautiful scenery. {481}

Have none of your thoughts be either servants or masters of one another. {482}

Become skilled at using your mind. {483}

Stay at home in your mind when you need to be. **{484}**

Don’t exhaust your mind. **{485}**

Know that there is no place in your mind which isn’t sacred for just as there is no part of your

body which isn’t precious; your mind is sacred; your body precious. {486}

Manifest your own presence. {487}

Enjoy playing on words. {488}

Have not your mind go down into places where it most assuredly will be subjugated. {489}

Sow nourishing words. {490}

Leave not-good-for-anything thoughts drift and fade; no need to be trying to hold on to them. {491}

Don’t give anyone reason to quarrel with you. {492}

Make plenty of room in your mind for the good advice of others for your own thoughts alone aren’t enough for you to grow and thrive. {493}

Appear to yourself in the light of day and the dark of night. {494}

Become clear to yourself. {495}

Be unfailingly kind to everyone: letting them depart from you in peace, gratitude and joy. {496}

In the presence of Nature bless yourself. {497}

Don’t bring down curses on yourself by your silences, words, inactions or actions. {498}

Present yourself to the new day with a refreshing mind. **{499}**

Recognise that Nature puts things in your path. **{500}**

Provide yourself with the very best of thoughts. **{501}**

Know Nature is your dwelling-place. **{502}**

Listen to yourself. **{503}**

Be the meaning in life you can be. **{504}**

Know that your words may affect not only you but anyone who should learn of them. **{505}**

Have your words be efficacious. **{506}**

Don’t live by the sword. **{507}**

Know that Nature is always and everywhere keeping you safe. **{508}**

Be awe-inspiring by your words and actions. **{509}**

Profoundly know yourself to be nothing less than a dwelling place of Nature. **{510}**

By Nature keep yourself safe. {511}

You yourself give yourself food to eat and clothes to wear. {512}

Have all things go well with you. {513}

Warmly embrace your thoughts. {514}

Don’t neglect an idea when it comes to you. {515}

Know that there is no need for you to be ever jealous of anyone or anything. {516}

Know that there is no place where you aren’t in the presence of Nature. {517}

Veil your thoughts until it is appropriate to reveal them. {518}

Be conscious that Earth is an inheritance of Nature. {519}

Pursue throughout your mind a lost idea until you find it. {520}

Don’t behave foolishly. {521}

Remember that sometimes your words will be difficult for others to interpret; even for yourself will they prove difficult. {522}

Know that there is no such thing as honourable revenge. {523}

New daily collect new ideas. {524}

Go ahead of yourself at times. **{525}**

Know that sometimes you won’t know where you are going; keep going. {526}

Come face to face with yourself. {527}

Speak truly. {528}

Move at a slower pace when wanting to move quickly; arrive safely. {529}

Don’t ever mistrust yourself. {530}

Know that every moment is a full span of your life; enjoy each and every moment. {531}

Everyday leave for new regions of your mind. {532}

From time to time put this question to yourself: “What am I looking for?” {533}

Take neither your own nor anyone else’s life. {534}

Do not lay violent hands on yourself or on anyone. {535}

Throughout the day your goodness enrich; come the eve to Nature for it give thanks. {536}

Know that dreams be they of your night, dawning or day napping play a part in your life. **{537}**

Be ever ready to suggest alternatives but only them share if absolutely necessary; never suggest them just for the sake of dismantelling someone

else’s good idea. {538}

Be of the ways of Nature and everything will go well with you. {539}

Be your own personal attendant to yourself. {540}

If you are a family person put them before your own self-interest. {541}

Always remember your background but don’t let yourself be bound by it. {542}

Know that always and everywhere Nature is with you; with you you are always with Nature. {543}

Put yourself in charge of yourself. {544}

Make yourself responsible for everything you do. {545}

Don’t offend yourself. {546}

Assign yourself to yourself to attend to your wants. {547}

Describe your dreams to yourself. {548}

Release and restore yourself from your self-imposed captivities of thought. {549}

Stand beside yourself. **{550}**

Come into your own presence. **{551}**

Remember, you do count. {552}

Know that sometimes it is impossible to tell one thought from another for so close are they in meaning. {553}

Realise that some of your dreams will not lend themselves to interpretation by either you or anyone. {554}

Reveal to yourself what you are going to do before you do it. {555}

Be as you have told yourself. {556}

Don’t be impatient to bring anything about; take your time and in its own time bring it; this being the wisdom of Nature. {557}

Be intelligent and wise to govern your mind. {558}

Oft store away in your mind thoughts and ideas to be used another day: keep them safely in reserve. {559}

Don’t make all of your thoughts known; keep many of them to yourself for many in number are the thought-thieves who will only be too happy to deprive you of them and to manipulate them for their own purposes. **{560}**

Do not make your mind known to everyone. **{561}**

At times ask yourself: “Where have I come from?” {562}

Make yourself fruitful. {563}

Be interested; be very interested in human emotions. {564}

Put yourself in your own care. {565}

Don’t bring misery on yourself. {566}

Have yourself be responsible for yourself. {567}

Know that Nature is always moving you to be kind. {568}

Give peace and attract peace. {569}

Admit yourself to your own presence. {570}

Don’t let yourself be overwhelmed by anything. {571}

Send yourself before yourself to preserve yourself. {572}

Be pleased to hear good news; very pleased be. {573}

Let your ancestors walk in your presence. {574}

Be a blessing wherever you are. **{575}**

Know that it is you yourself who lies before you in time to come; not anyone else. **{576}**

See how good it is to take your ease. **{577}**

Don’t wear your mind down under heavy concerns. **{578}**

Don’t make your mind unbearable to live with. **{579}**

Don’t be like anyone but yourself for you are not like anyone; neither is anyone like you. **{580}**

For the most part keep your mind hidden. **{581}**

At times stand some distance away from your thoughts to see what they will do. **{582}**

Stroll along by riversides of your mind. **{583}**

Say and do only what is to your purpose. **{584}**

Be at home in your mind. **{585}**

Open your eyes to what is going on in the world: open them to see and know of the miserable state of many people. **{586}**

Rather than to be asking yourself: “Who am I to help bring about a transformation in global ethical thinking?” instead tell yourself: “I am just the one who can help bring about a transformation in global ethical thinking.” **{587}**

Know: You Are Who Are is your name above any given names. **{588}**

Resolve to say something good and then say it; to do something good and then do it. **{589}**

Exercise all the time the power of your mind. **{590}**

Believe yourself; listen to your own words. **{591}**

Realise and accept that sometimes your words; your words though clear and simple will not make satisfactory sense to others. **{592}**

Remember your words and actions are meaningful and significant as also are your silences and inactions. **{593}**

Know that it is impossible to give an adequate definition of who you are or who anyone is. **{594}**

Be aware that every word you know gives you a certain power over that which is worded: that which is named for language is a conduit of power. **{595}**

Neither make your body the slave of your mind nor your mind the slave of your body. **{596}**

Your essence has no name; keep it that way by having your given name or names be but outer doors to who you are and what you are. **{597}**

Know that Nature is never transcendent. **{598}**

Be you by your very presence a restorer of good

health to a community; a restorer of good health to the world and the planet. {599}

Be who you are; no need for you to be trying to convince yourself who you are. {600}

Everyday culture your eloquence. {601}

Know that your sight; your hearing and tasting: all that you have comes to you from Nature; you are from Nature. {602}

Allow your heart to be brimming over with joy for it is a vessel primarily made for joy. {603}

Help yourself to speak beautifully by listening to yourself as you speak. {604}

Speak and do in peace; come and go in peace. {605}

Always be prepared to give a good word. {606}

Know that throughout your mind there are no such places or regions as wildernesses to be found. {607}

Gather external ideas for yourself; don’t be waiting for them to be given to you. **{608}**

Realise that mysterious things happen from time to time which not alone you but anyone will find difficult to interpret. **{609}**

Never leave the presence of yourself. **{610}**

Free you yourself of any and all intellectual burdens which you yourself have imposed upon yourself. **{611}**

Know yourself or anyone to be a wonder. **{612}**

Make no distinction between say scenting and thinking for the nose and the brain are both sensory organs. **{613}**

Be alert; don’t play false either with yourself or with others. **{614}**

Keep to your word. **{615}**

Present yourself to the new day by way of some greeting. **{616}**

Know that there is no one like you in the whole world; you are the one and only of you. **{617}**

Don’t be high-handed with anyone. **{618}**

Be in the right. **{619}**

Know that you; the planet and everything in it, on it, and of it belongs to Nature; belongs to Nature does the Solar System and the Milky Way: in way to way does the Universe be there be Universes belong to Nature; nothing is there that doesn’t belong to Nature.
{620}

Put this question to yourself once in a while: “What does my existence mean?” a constructive answer yourself provide. {621}

Provide yourself with food for thought for the new day. {622}

Have a good word be ever-ready on your lips. {623}

Be comfortable like water in your going about: take the road of least resistance. {624}

Know that sometimes taking the roundabout way is far more interesting than taking the nearest way. {625}

Be of the firm conviction that the sun will rise, shine and set tomorrow as it did today; the stars, moon and planets too according to their seasons. {626}

Show yourself your own pathway; on it be on going along. {627}

About anything; change your mind as often as you need to but then settle it for further changing would only be superfluous. {628}

Be aware that you can fully convince yourself you are absolutely free when you may not in fact be; examine your freedom. **{629}**

Know that when a day is through that is the end

of it for you; you will never be in it again save in your thoughts. {630}

Put your faith in Nature. {631}

Have many traditions harmoniously mingle in your mind. {632}

Give yourself time to develop themes in your thoughts. {633}

Know Nature is your everything. {634}

Have your ideas at times be like stones in the bottom of a clear sun kissed stream. {635}

Overtake yourself at times and then for yourself wait up. {636}

Once in a blue moon ask yourself: “Who among my fellow humans am I like?” {637}

Guide yourself by your own strength. {638}.

Don’t be dismayed by dismay; keep on walking on the right and good pathway. {639}

Stroll your thoughts in the hills and mountains of your mind; in the valleys and along its seashores. **{640}**

Make your dwelling be wherever you be. **{641}**

Distance yourself from grumblers. **{642}**

Listen carefully to every sound; fine-tune your hearing. **{643}**

Don’t waste your time asking yourself: “Why didn’t I say that; do that or go there?” for you didn’t and that is that; keep going, another opportunity in kind may come your way. **{644}**

Stroll throughout your mind to your heart’s content. **{645}**

Appear unto yourself. **{646}**

Send out for your descendants the best of thoughts, words and actions. **{647}**

Don’t put Nature to the test by thinking: “Am I of Nature or not?” **{648}**

Ask yourself: “How am I to deal with myself?” **{649}**

Go climb and stand on mountain summits of your mind. **{650}**

Know that you are not a stranger on the planet. **{651}**

Enjoy anticipating Nature. **{652}**

Take time to pause to be with knowing that some of your thoughts are of great antiquity. **{653}**

Know that you are not greater than anyone or is

anyone greater than you. {654}

Don’t take all the troubles of the world upon yourself: you are not made to. {655}

Settle in your mind differences between your thoughts before you consign them to words. {656}

Take your advice for others to be meant for you in the first place. {657}

Represent yourself before yourself; bring your problems to yourself for yourself to resolve. {658}

Show yourself the way you must follow: the way you must follow being the noble way; the way of Nature. {659}

Be trustworthy. {660}

Take advice. {661}

Be at the service of no one; not even of yourself. {662}

Listen to yourself as you speak that you may trust yourself always. {663}

Take care not to do anything you shouldn’t do. {664}

Identify yourself with wisdom. **{665}**

Know there is nowhere where Nature doesn’t manifest Its presence. **{666}**

Have your words and actions convey lessons of enduring worth. {667}

Don’t assume anything; find out for sure. {668}

Sometimes stand at the bottom of mountains and gaze up; sometimes on the top and gaze down. {669}

Know there is no other you; have no other you or yous except you. {670}

Don’t make an artificial intelligence of yourself that you would bow down to and serve for to be doing so would be to miss the whole point of extending your mind and body. {671}

Don’t misuse yourself or anyone or anything; don’t misuse Nature. {672}

Fully rest when you ought to be fully resting. {673}

Be true and honest. {674}

At times say to yourself: “I am afraid.” but keep going anyway; don’t let that stop you. {675}

Speak to yourself from the heavens of your mind; from its valleys, hills and shorelines. **{676}**

Discover in hindsight that in your conversation with someone, and quite unknown to yourself, you made a number of anticipatory remarks. **{677}**

Have your thoughts be nomadic, semi-nomadic and settled; settled, semi-nomadic and nomadic. **{678}**

Know that your name represents you. **{679}**

Today make something; fashion something with your hands. **{680}**

Know that although you might be minute in detail when it comes to explaining something, you may not altogether be communicating clearly on account of using too many technical terms or even jargon. **{681}**

Culture your powers of perception. **{682}**

Be knowledgeable. **{683}**

Know that there is nothing that isn’t a sign between you and Nature to show that it is Nature that nourishes you. **{684}**

Make yourself go on going on; send yourself with yourself. **{685}**

Show yourself the way you should go into the new day; then go. **{686}**

Remember, this day is your day as was yesterday and so will be tomorrow. **{687}**

You yourself go with yourself. **{688}**

Show tenderness and compassion on whomsoever and whatsoever. {689}

Ready your mind for the afternoon in the morning; the evening in the afternoon. {690}

Await with joyful expectation the sunrise: be with watching for its first appearance over the horizon; in the silence of your heart be with expressing thanks to Nature for its presence and for you to be able to healthfully observe it. {691}

Ready yourself to think wonders, speak wonders and do wonders. {692}

Be awe-inspiring. {693}

Make no promises you can’t keep. {694}

Go into your own presence to speak with yourself. {695}

Know that Nature is not separate from you; is not inaccessible and is not of awe-inspiring transcendence: Nature and you are one. {696}

Speak away to yourself. {697}

Be at the very heart of yourself. {698}

Know that an ideal you express today may flower into some hood or ism down the way. {699}

First and foremost, be responsible for yourself: your silences, words, inactions and actions. {700}

Allow the power of Nature to act in you. {701}

Know that it is Nature that keeps you; in Nature place all your trust. {702}

Be gracious to everyone: letting your countenance and demeanour shine and your words blossom. {703}

Realise that words are spoken in context and have a written context; know the contexts. {704}

Don’t treat yourself or anyone badly. {705}

Know that each and every day of your life was enough for you; is enough for you and will be enough for you to accomplish everything that needs by you to be accomplished: so be at ease. {706}

Listen to your own words. {707}

Make yourself known to yourself. {708}

Speak to yourself in dreams. {709}

Be at home in yourself. {710}

Speak with yourself face to face. {711}

Forgive yourself. {712}

Don’t take too much on yourself. {713}

Do today one thing utterly new. {714}

Don’t lead a colourless existence. {715}

Don’t play the fool with yourself or anyone. {716}

Listen and give full ear to yourself. {717}

At times take time to look at yourself in the past, in the present and in the future. {718}

Have your thoughts be like the stars of the heavens in number. {719}

Send your thoughts ahead of you to explore what might be up ahead. {720}

Recognise that good advice is good advice; accept such advice. {721}

Know that your mind is a very prosperous place. {722}

Never lose heart. {723}

Give encouragement whenever encouragement is needed. {724}

Don’t dare to do anything that is deliberately an affront to Nature. **{725}**

Watch over yourself as you journey through the day. **{726}**

Do not give yourself leave to do whatever you want. {727}

Take notice of the beauty of Nature around you. {728}

Take care what you think; what you say and what you do. {729}

Talk to yourself that you may hear your words. {730}

Take time to raise your eyes to the skies of day and the heavens of night. {731}

Know that the sky is there for everyone and everything. {732}

Know that there is no need for you to seek Nature for there is nowhere where Nature isn't. {733}

Be observant of Nature; to Nature attentively listen. {734}

Know that from Nature's point of view there is no distinction between night and day; today and tomorrow or between ten thousand years ago and ten thousand years in the future. {735}

Come to fully realise that all there is is Nature and that there is nothing other.
{736}

Let yourself hear your voice; listen to it.
{737}

Openly show your presence to yourself.
{738}

Be your own heritage. {739}

Understand and take it to heart: of Nature you are; of Nature ever you will be. {740}

Say to yourself every now and then: “I am who I am; no other I am I am.” {741}

Have nobody else’s mind but your own. {742}

Don’t utter any a word; any a phrase to misuse it. {743}

Honour humanity. {744}

Have your words and actions be at one with your heart. {745}

Listen to yourself and be true to yourself. {746}

Love and bless yourself. {747}

Don’t let yourself be ensnared by anything. {748}

Be your own strength. {749}

Be the fullness of your own goodness and sincerity. {750}

Ask yourself: “What do I ask of myself for today?” {751}

Open your eyes to see the wonders of Nature; a wonder of Nature too are you. {752}

Take the very best care of your mind; don’t allow it to be seduced. {753}

Be entirely faithful to Nature. {754}

Know that understanding the ways of Nature is not as it were a given, you have to work at preparing your mind for it; preparing your heart, and this you will always and everywhere be needing to do. {755}

Realise that the ways of Nature; call it the wisdom of Nature is ever accessible. {756}

Take the ways of Nature to heart. {757}

Know that there is an affinity of thought and even phrase, however faint and vague it be, between you and your ancestors and not alone between you and your ancestors but between you and all who has ever been. {758}

Know that your every thought; every word and action gives a particular value to who you are. {759}

Don’t stand in your own way; be with yourself. {760}

Don’t leave yourself or desert yourself. **{761}**

Have a good word always be ready on your lips; a good action in all your doings. **{762}**

Keep your way according to Nature. **{763}**

Know your confidence comes from Nature; be confident as Nature is confident. {764}

Know that there is nowhere where Nature isn’t; wherever you are you are of Nature. {765}

Find and grant yourself places of momentary rest in the given moments of the day. {766}

Remain with a gaze for as long as you can. {767}

Explore your new day. {768}

Show kindness throughout the day in your own way. {769}

Gather ideas to yourself; on them reflect. {770}

Let your words be as you say. {771}

Work wonders. {772}

Begin today to be yourself in a new way. {773}

Be with yourself even as Nature is with you. {774}

Stand still to take in the views. {775}

Come closer to yourself and hear your own words. {776}

Know that Nature is alive; alive as you are alive. {777}

Let your thoughts and actions be in keeping with

the ways of Nature. {778}

Ask yourself sometimes: “What does the surrounding landscape mean for me?” {779}

Acknowledge how mighty Nature is; respect it accordingly. {780}

Know when to keep your silence; know when you need to speak. {781}

Most of your thoughts keep hidden; to yourself alone let them be revealed. {782}

Go straight ahead when you ought to. {783}

Know that the new night ends with the coming of the new day; the new day with the new night. {784}

Know that there is no need for you to be living in yesterday today, no more than for you to be living in tomorrow; today is for living in today. {785}

Hide nothing from yourself. {786}

Hold to your fear yet be fearless; to your anxiousness yet be fully confident. {787}

Have your silence be a concealing position you take for any situation. **{788}**

Follow yourself close behind yourself or beside yourself; don’t get ahead of yourself unless you

really have to and then only do so for a little while. {789}

Never ever let your mind undefended. {790}

If for the time being you should find yourself having no choice but to stay right where you are, then there stay and wait until the opportunity to go presents itself; then without hesitation go. {791}

Don’t ever decide to resort to trickery. {792}

Sometimes put this question to yourself: “Who am I and where do I come from?” {793}

Be in no one’s power but your own. {794}

Have yourself stand still; not the sun, moon or stars. {795}

Know the hill that was over the way there yesterday is not the same hill that is over there the way today though they appear to be exactly the same; so too may be said of you. {796}

Know Nature is your inheritance; is everyone’s inheritance. {797}

Grant peace to yourself. {798}

Fulfil your promise both to yourself and others. {799}

Don’t turn aside from Nature. {800}

Avoid saying or doing anything from fear. **{801}**

Be pleased; ever so pleased with your many blessings; try as you will to enumerate them but you won’t be able to reach an end. **{802}**

Don’t turn aside from yourself. **{803}**

If you happen to hear a word or phrase you don’t like, then don’t utter it; so too an action: don’t do it. **{804}**

Be loyal to yourself; by doing so are you being loyal to Nature. **{805}**

Value your existence: value your life. **{806}**

Acknowledge that Nature has never let you down, and never will. **{807}**

See with your own eyes the wondrous ways of Nature; you needn’t take anyone’s word for it. **{808}**

Visit yourself. **{809}**

Stay on the path: the path of Nature. **{810}**

Don’t have yourself be in a frame of mine where you wait until you no longer know what to think. **{811}**

Know that Nature doesn’t do abandonment. **{812}**

Get up and go into the day for it awaits your

arrival. {813}

Deal honourably with everyone; acting in sincerity and good faith. {814}

Pause at the entrance to the gate of the day: at sunrise. {815}

Dance to the sounds of Nature. {816}

Come to your own help. {817}

Know that however familiar your name or anyone's name is; a name is a mystery. {818}

From time to time go out of your way to look at the horizon beyond the horizon. {819}

Know that you are Natural in origin; everything that makes you you is attributable to Nature. {820}

Be persistent when being persistent is the right thing to do. {821}

See doorways in the clouds; pathways among the trees. {822}

Know that your body: everything you have comes to you from Nature; Nature is your origin. {823}

Know that from the point of view of Nature there is nothing preternatural: everything is naturally natural. **{824}**

Don’t be anxious to have your mind be known; much in you and about you is meant to remain a secret; even to yourself. {825}

Realise that you are not like anyone else; nor is anyone else like you. {826}

Be trustful, yes, but culture yourself to trust as wisely as you possibly can. {827}

Don’t do as you please. {828}

Know that whatever has been established according to an ancient custom needs to be looked at again from the light of your own day and either continued, modified or abandoned. {829}

Go and explore the new day. {830}

Ask yourself periodically: “How came I to be?” {831}

As much as possible, you yourself see to your own needs; don’t be expecting others to see to them for you. {832}

Know that wherever you go you go with yourself and wherever you reach you reach with yourself: always you are with yourself even in the company of others. **{833}**

Be your own person. **{834}**

Take notice of everyone yet of no one take any

notice. {835}

Since you are full of courage give courage; of kindness speak kindly. {836}

Eat till your stomach is comfortably satisfied; to be eating beyond this is not necessary nor is it wise. {837}

At the end of the day ask yourself: "Where had my mind been today?" momentarily reflect on two to three places and then go way off to sleep for yourself. {838}

Don't withhold your kindness from anyone; yet be not over disappointed if it is not always accepted or at worst misused. {839}

Be careful how you use certain words; certain phrases for even the mere whispering of them could be disastrous; such being the power of sounds: the power of language spoken with intention. {840}

Know that the exercising of goodwill hasn't anything to do with the weather; do goodwill whenever. {841}

Know that you belong to no one nor does anyone to you belong. **{842}**

Settle anything that needs to be settled today today; tomorrow tomorrow. **{843}**

Speak in the presence of yourself. **{844}**

Have your words be of universal interest. **{845}**

Know that you live in the presence of Nature. **{846}**

Do not hide from yourself. **{847}**

Know that nothing happens to you by chance. **{848}**

Listen to good words. **{849}**

Stand head and shoulders taller than yourself. **{850}**

Have not yourself be your own teacher rather have everything and everyone be. **{851}**

Know that you will never be able to tell anyone all that is in your heart; all that is in your mind; not even to a tree, a river or the sky will you be able to tell it, for such being the vastness of your heart and mind. **{852}**

From the hills come down; the valleys come up. **{853}**

Throughout the day take time to stand still for a moment. {854}

Put this question to yourself now and then: “Where have I been?” {855}

Know that not everything you will look for will you ever find. {856}

As much as possible come to your own help. **{857}**

Don’t ever wrong or oppress yourself; never wrong or oppress anyone. **{858}**

For your part, play your part: with sincerity be yourself. **{859}**

You are in the good and right way: the way of Nature; with It stay faithfully with all your heart. **{860}**

Set you yourself free of any thoughts or beliefs that have been keeping you weighted down. **{861}**

Be careful with what you presume. **{862}**

Show yourself self-respect whether you are on your own or in the company of others. **{863}**

See as a human sees: look at appearances; listen and you will come to know minds and hearts better. **{864}**

Let yourself be a person of presence. **{865}**

Don’t lose heart on account of the many bad things happening in the world. **{866}**

Know that you will learn of incidents in the world that will not be to your liking and for which you won’t be able to do anything about other than to have a good mind that all things will become well again. Your good intention alone will be the only

means at your disposal to effect a change for the good. {867}

Quicker than quickly realise that when something potentially dangerous is about to happen you; you will need to be able to instantaneously remove yourself from it. {868}

Keep the secret places of your mind secret for they are for you alone to know of and to visit. {869}

Keep yourself company even when in the company of others. {870}

Put this question to yourself at times: "What do I want myself to do for me?" {871}

Know that having certain knowledge of something doesn't always require you to act on it; keeping it to yourself at least for the time being may very well prove to be the better choice. {872}

Don't be waiting for anyone to let you know about something; as much as you can find it out for yourself. {873}

Once you give kindness don’t ever attempt to withdraw it for kindness given is kindness given. **{874}**

Now and then pick up a stone and have a good look at it; consider its long before and its long after. **{875}**

Know that you are ahead of yourself; behind yourself, below yourself, above yourself, about yourself and with yourself. {876}

Only make agreements you can keep. {877}

Realise that while you sit at your table at eve or lying in your bed waiting to fall asleep come the midnight hour the starry heavens is being its starry heavenly self though concealed from your view by the ceiling. {878}

Engage not in conversation with someone whose anger flares and is as loud as thunder and listens not to a single word you are attempting to say. Unless the person calms down don’t discuss anything with them; yet be intensely vigilant in keeping yourself from letting your own anger rise in the meantime. {879}

Only say: “Go in peace.” to anyone if you at that moment are at peace with yourself. {880}

Let no one know your thoughts or ideas; your suggestions or plans until you have them well thought through for yourself; don’t speak half broken or scattered knowledge. {881}

Before going to sleep arrange with your mind for it to think of such and such a thing while you partaking of breakfast. {882}

On second thought discover the ordinary to be

quite extraordinary. {883}

Take time to anticipate. {884}

Know that sometimes you will need to temporarily adopt an interpretation to bridge your understanding of something. {885}

Always be ready to ponder incoming ideas. {886}

Don’t play foolish or feign stupidity. {887}

Avoid being wearied by the myriad problems of the world: problems way beyond your intervention or solving. {888}

Don’t let yourself become an attraction for the oppressed or those in distress for they will only wear you out. {889}

Allow yourself an abundance of peace of mind; only by doing so will you be able to benefit the world on an ongoing basis. {890}

Do not overstay on a thought; let go of it for a while; you can always return to it if you need to. {891}

Make your way in the day at a pace just beyond too laid back. **{892}**

Be fully where you are. **{893}**

Be faithful to Nature. **{894}**

When you know nothing whatever of something don’t act until you do know. **{895}**

Be responsible for your silences and words; your inactions and actions. **{896}**

Know that you are always in your own power. **{897}**

Show plenty of goodness throughout the day. **{898}**

Be contented with whatever food you have to hand for so many the world over haven’t even a mouthful at any given moment. **{899}**

Know that your thoughts are coming to you as much from your brain as from your tongue; your nose, eyes, ears and skin. **{900}**

Go on ahead of yourself and follow yourself. **{901}**

Speak in your own ear: listen to your own words. **{902}**

Pay no attention to anything that doesn’t require your attention. **{903}**

Culture yourself to say something only once when speaking with someone; to repeat would only weaken their listening. **{904}**

Treasure everything about you: from the tips of the hair on your head to the soles of your feet. **{905}**

At the end of the day, ask yourself: “Where have I been today?” {906}

Let the future disclose itself to you in its own good time and by wondrous ways. {907}

Those who have left this existence don’t disturb them; don’t be trying to pull them back to your concerns: let them carefreely to be enjoying their new existence. {908}

Avoid distressing over anything rather be strong and make things happen for the better. {909}

Don’t think there is always a better way of doing things; often the way you are doing something is itself the better way. {910}

Be to Nature alone loyal. {911}

Realise and accept that you aren’t acceptable to everyone and that there is nothing you can do about it. {912}

Take courage from the seeds, grasses and trees the way they see the wintery days through. {913}

Always admit yourself to your own presence. **{914}**

Take action when you need to take action. **{915}**

Become aware of every movement of your body. **{916}**

Know that ruthless things are happening in the world; don’t pretend to yourself they are not. **{917}**

Whenever the inclination comes upon you to sing and dance for yourself do so. **{918}**

Know your roots; your roots remember. **{919}**

Abide by enough: know when enough is enough. **{920}**

Know that there is nothing like Nature; Nature alone is all there is and that is is everything. **{921}**

Definitely no doubt it could prove to be quite challenging; even so: have the courage to accept the reality that any and all religious interpretations of reality, however well-meaning and sophisticated they may have been or are, are all in all purely conjectural. **{922}**

Take refuge in yourself. **{923}**

Attribute to yourself only the things you yourself have done; what of others have done to them attribute. **{924}**

Be faithful to yourself. **{925}**

Walk in the light of yourself; more than adequate is it to light up your path. **{926}**

Take a moment to become aware that not alone are you standing on the ground but that you are

standing on the planet. {927}

Should at times it be necessary for you to bring some bad news do so; howsoever, more often than not be a bringer of good news. {928}

Be peaceful; a bringer of peace be. {929}

Know that Nature needs no dwelling place for Nature is Its own dwelling. {930}

Be the integrity of your heart in your silences, words, inactions and actions. {931}

Know that Nature wants for nothing; everything It needs It has. {932}

When you speak speak wisely. {933}

Every now and then test yourself with some difficult questions. {934}

Open your mind freely to yourself. {935}

Accept that you won’t always be able to sufficiently answer your own questions to yourself. {936}

Know that what your hear; what you see may not always be entirely true; you may have no other choice but to go along with it at least for the time being.
{937}

Know that seeing may not always be believing. {938}

Be happy; be very happy for other's happiness. {939}

Listen to your own wisdom as it comes to you and as you speak it for your thoughts and words of wisdom are first and foremost meant for yourself. {940}

Accept that although you might express a wish for something you may not receive it and that is fine too; the wishing alone being itself a kind of pleasant satisfaction. {941}

Be aware that what you see, hear and read concerning certain happenings in the world will oft not square with the reality itself; it not being a case of false information but rather hearsay having been left have its way. {942}

Be strong; be strong, be strong for there is no mind: no heart that can't be swayed to accept and believe something given certain conditions; fear being one of the most powerful: fear for self and love ones. {943}

Be wholeheartedly yourself. {944}

Don’t let anything or anyone turn your heart from Nature. {945}

Forbid yourself to believe in anything that is in

opposition to your heart; your heart is of Nature. {946}

Give yourself leave to return to your own thoughts. {947}

Walk away from anything that doesn’t sit right with you. {948}

Ask yourself from time to time: “What advice would I give to myself?” {949}

Don’t reduce Nature to the level of religion or science. {950}

Come home to yourself to refresh your mind. {951}

Remember you can never return the same way you came for the same you won’t be. {952}

Don’t pretend to be anyone; be yourself. {953}

Throughout the day have your heart, body and mind be wholly with Nature. {954}

Know yourself to be a narrative of Nature. {955}

Enjoy gathering ideas as you would sticks to make a fire. {956}

When you know something to be right believe it. {957}

Be aware that at times and for its own safety even

preservation you will need to hide your mind away from the world; keep your opinions to yourself until it is safe for them to again roam freely. {958}

Know that Nature doesn’t do being lost: Nature is always there; always with you for of Nature you are. {959}

Call all day and all night for days and nights; for as long as you wish and can to nothing to help you, but as sure as anything no answer ever will you receive for from nothing ever comes anything save nothing. {960}

Know that Nature is never preoccupied with anything; It is as it where always available. {961}

Don’t attribute any a misfortune to Nature; the winds blow where they will; the rains fall in torrents and the rivers and lakes freeze over, that is Nature being Itself. {962}

Make not a god; ten thousand gods or THE GOD Above all gods of Nature; your gods are all of your own making however many of them you wish to have; even what or who you refer to as THE GOD Above all gods is THE GOD solely according to you: who is of your own making and for your very own purposes maintained, sustained and choreographed. **{963}**

When by the sea look out to sea. **{964}**

At times take a few minutes to come out and stand at the front door of your place of dwelling to feel that which is behind you. {965}

Take courage; think carefully and do whatever it is you need to do or don't need to do. {966}

Know yourself to be in the mountains when in the mountains; in the valley when in the valley. {967}

Listen to good advice and act accordingly. {968}

Avoid doing anything that will prove displeasing to yourself. {969}

Take your time walking otherwise take your time running; don't be half walking half running for it will only give confusion to your lungs. {970}

Be aware that there is only one you on the planet at any given time: you are but one of a kind; make that your own. {971}

Tell yourself nothing but the truth. {972}

Know that not to deviate is not at all easy; try harder though and you will succeed. **{973}**

Accept that if something is clearly not meant to be then don’t force it. **{974}**

Let goodness be traceable back to you. **{975}**

Look beyond circumstances to see the realities

behind them. **{976}**

Know that not everything needs to be elaborated on. **{977}**

Know that with Nature there is no such thing as a ‘only a little thing’ - everything is significant. **{978}**

Ask yourself from time to time: “What can I do for myself?” **{979}**

Realise that the simplest explanation for anything is but the initial unveiling of its awesome complexity. **{980}**

Live according to your own ideas; yet greatly culture your ideas and them bountifully expand. **{981}**

At times never mind not minding for not everything requires your attention. **{982}**

Do not deceive yourself; do not deceive anyone. **{983}**

Never say or write: “Go in peace.” to anyone unless you yourself are at that very moment at peace. **{984}**

Be on your guard when you need to be on your guard; always and everywhere respecting Nature. **{985}**

Know that Nature alone is truly Nature. **{986}**

Become aware there is so much that is hidden to your eyes; to your senses and to your heart. **{987}**

Culture yourself to quickly discern artificiality. **{988}**

When anxiety and even panic is all about remain calm. **{989}**

Know that there is no time when you can’t be educating yourself. **{990}**

Give ear to yourself and attentively listen. **{991}**

Be with sincerity of heart at all times. **{992}**

Sometimes step back; sometimes step forward and at other times stay quite still. **{993}**

Let your shadow always be comfortable in your presence whether it is visible to you or not. **{994}**

Be honest; be honest and be honest in all your financial dealings. **{995}**

Live within and according to your means. **{996}**

Any bit of self-independence you have somehow lost; somehow quickly restore it. **{997}**

Don’t be dismayed by awful happenings in the world; confidently trust Nature. **{998}**

Live as if the past, present and future are merged

into one. {999}

Accept that sometime in the future your words may very well find themselves modified in ways you cannot possibly foresee. {1000}

Don’t be indefinitely postponing the living of your life; as your breath live your life to its fullest. {1001}

Believe, speak and work all you want towards the realisation of a God-governed society; a God-governed world but know that in truth – although you would never admit to it yourself, you are but trying to established a human-governed society; a human-governed world, however elaborately you back up such a belief by hundreds upon hundreds even millennia of faith, reason and tradition. The fact of the matter speaks for itself. {1002}

Consider honesty with yourself to be the essence of who you are. {1003}

Ever be thankful to Nature; never tire of speaking of Its wondrous ways. {1004}

Know that there is nothing that is nothing: everything is something. **{1005}**

In the splendour and majesty of your own presence know yourself to be powerful, beautiful and joyful. **{1006}**

In Nature’s judgement: from the perspective of Nature be accordingly as the sky, mountains, hills, valleys, fields, rivers, streams and seas authentic. {1007}

Have not Nature be some kind of judge over you and all things as you have your courts, governments, technologies, gods small and great be or even as you have your THE GOD Above all gods be; no, Nature is in no need whatsoever of any and such human obsessions: confinements. {1008}

Be of thankfulness to Nature; always and everywhere to Nature be thankful as you would be to your mother for faithfully and lovingly carrying you in her womb. {1009}

Know that there is no law to be carried out when it comes to Nature; live naturally as Nature is natural in all its way; no more is there to it. {1010}

Don’t say or do all that is in your mind; act and say only according to the requirements of any a given context. {1011}

Realise that you are not the solver of everything that is happening around you or in your country or in the wider world. **{1012}**

From time to time ask yourself: “Why haven’t I ever said such and such a thing; done such and such a thing; spoken up when I should have or

acted when I should have?” {1013}

Remember you don’t have to be saying anything to anyone, but if you do, consider a moment what it is you are about to say to them, and then only say it if you are pretty certain it is a move towards bringing about a qualitative change in them or in the situation. {1014}

Take your thoughts from where they are at, especially if it is somewhere painful in the past and swing them about in a great arc into the future; then reconsider them in hindsight. {1015}

Remember there is nowhere you have been where you haven’t been there with yourself. {1016}

Do your best to provide the best possible place for your thoughts and ideas to dwell in in the world outside yourself: choose a good place for them for not in every mind will they be able to settle and make for themselves a home. {1017}

Don’t disturb someone’s mind with your thoughts if they are already at peace with themselves, for your word though well intentioned could bring those few precious moments of peace to an abrupt end. **{1018}**

Be aware; be fully aware that certain words and phrases when used with a certain intention forcing them on will without a doubt bring about

destruction: so to so, to so, to so don't ever, ever, ever use them. {1019}

Know that Nature will never withdraw Itself from you: Nature's natural way has always been with you, is always with you and will always be with you; so, with contentment of heart be accordingly. {1020}

Be pleased with the new day: its skies, winds, rains and snows; its hots, colds and milds; all are meant for your pleasure. {1021}

Not alone think kindness, goodness and mercy be merciful, good and kind at all times. {1022}

Should any a thought prove too strong for you to handle at any a given moment, then go listen to the birds singing, the breezes in the trees playing or the ripplings of stream waters in steady flow. {1023}

Take courage when you need to stand firm for the sake of your beloved ones; be fearless, be dauntless. {1024}

Sometimes you will need to make some hard choices; make them. {1025}

Know that many of your thoughts point to an earlier thought source and that that source could be of some few hours, days, months, years even centuries and millennia old. **{1026}**

Realise that you don’t need to search for Nature; Nature is always with you: of Nature you always be. **{1027}**

Be responsible for the treasure that is your mind; for the treasure that is your body: for the treasure that is you. **{1028}**

Know that to Nature you are never a stranger. **{1029}**

Delight in being honest; yet know that it is wiser at times to keep your honesty to yourself: at least for the time being for to be too eager to reveal your honesty may in the immediate not be for the best. **{1030}**

Know there is nowhere where Nature isn’t; nowhere where Nature isn’t fully being Itself. **{1031}**

Don’t be upset; no need is there to be surprised that others aren’t seeing Nature the way you are; seeing Nature the way you do would require of them a paradigm shift they are not interested in making. **{1032}**

Be all-attentive to Nature; by doing so are you being all-attentive to yourself; by being all-attentive to yourself are you being all-attentive to Nature. {1033}

Don’t ever turn away from Nature; anyway and besides there is nowhere else to turn to: only

Nature there is; the physical, the material: the matter aspect of It being but the least obvious. {1034}

Know that to say Nature is good is an understatement way out of its league for with Nature no non-goodness is there to be found. {1035}

Observe sheep grazing on hills; they may appear to be scattered as if lost and are in danger but to themselves they are quite at home: safe and sound. {1036}

Flourish wisdom throughout your day; the type of wisdom that does not allow itself to be fenced in by say geographical, cultural or ethnic considerations. {1037}

Consider it wise to give attention to religious thought but deem it wiser still to be more concerned how humanity can live and express itself more refinedly. {1038}

Philosophically appeal to experience; experientially to the philosophical. {1039}

Know yourself to be the recipe for living your life wondrously and beautifully. {1040}

Acquaint yourself with as much global wisdom as possible; the broader your wisdom the freer will be your mind to be itself fully. **{1041}**

Don’t be surprised or weighted down by the reality that there are so many things you don’t know about so many things; enjoy culturing yourself to know. {1042}

Realise that every thought you ever had or ever will have will in some way closely resemble the thoughts of those of your fellow human beings, for after all you are all reading from the same preeminent text, namely Nature. {1043}

Be conscious of yourself as being a theme of Nature. {1044}

Don’t absorb yourself too much in individuality no more than in group mentality; both are equally important. {1045}

Have yourself neither be inferior nor superior to anyone; simply be harmonious. {1046}

Be careful when drawing contrasts for they can so very easily become an opposition between one thing and another. {1047}

Always and everywhere acknowledge, respect and follow Nature; have this be the foundation of your every thought and action; your silences and words. {1048}

Have not your way be set in perspective with the way of Nature; there is but one way and that is the way of Nature: be the way of Nature. {1049}

Wherever you are know yourself to be at home in Nature; whether in forest, field, tundra or desert; in oasis, village, town or city; on the nearby moon over or on any one of the planets; or in anywhere at all in the beyond and the beyond of these. {1050}

Know religion to be but a poetic device of a kind to come to terms with what reality might be; what humans place or even role in it might be; how to so ever, know Nature no poetic device to be: Nature the reality is. {1051}

Avoid taking words, phrases: imperatives out of context; stay faithful to the context in which they are intended for to avoid having to walk back misinterpretations, misunderstandings and above all contradictions. {1052}

Don’t be forcing yourself to come up with an intellectually satisfactory answer for every situation for not every situation will lend itself to such an approach. {1053}

Be slow be very slow to let go of traditional wisdom for such wisdom comes not of a single morning or evening; well tested has it been over generations. **{1054}**

Let go of haunting thoughts; they are of no use to you: joyfully live fully your day nightly life. **{1055}**

Although you may not be able to express

something clearly today; know that you may very well be able to do so tomorrow, and worry not if not tomorrow then the day or days after: be at ease. {1056}

Realise that unending happiness is not a reality; reality is unending where therein you enjoy letting yourself and others have plenty of happy moments. {1057}

Remember the oldest and simplest form of a thought has always been a simple thought. {1058}

Work with simplicity towards the elaborate; with elaboration the simple. {1059}

Have your good intentions and actions be not just for the moment that is in it but for the hour, the day, the night, the week, the month, the year and for the on rolling of decades. {1060}

Be of the firm conviction that your gaining of knowledge; your growing in wisdom is not a privilege of your status in society, it is who and how you are having yourself be whether you are living off the rich berries of the forests or swimming in lakes of purist gold.
{1061}

Be not satisfied merely with being gatherers, collectors and sharers of words of wisdom: maxims, proverbs, quotations, imperatives, sayings, adages, aphorisms, proverbs, axioms,

dictums, precepts, truisms and the like; be also originators of them. {1062}

Be learned for yourself; be learned for the unlearned and the learned. {1063}

Have your own preoccupations; no need is there for you to be having those of the majority or the minority. {1064}

Know that you are neither greater nor lesser that anyone; you are yourself. {1065}

From Nature’s point of view you are a masterpiece; be accordingly. {1066}

Be to Nature faithful; therein resides your health, contentment and joy. {1067}

Be fully resigned to the fact that Nature without giving the slightest indication; save perhaps in storm or flood, will all of a night or mid-afternoon take to laying low ancient oaks and changing the course of great rivers. {1068}

Don’t ever ever curse Nature. {1069}

Be in conversation with Nature. {1070}

Accept; that sometimes there will be no steady development of an idea you are having; be patient then for assuredly it will eventually make itself clear. **{1071}**

Be ready to immediately elaborate on your ideas if needs be. **{1072}**

Be moderate at any age for moderation is good; no need for you to be waiting until you are of advanced age to be putting it into practice. **{1073}**

Look into the experience of your own life: your entire life thus far and you will find much there to be in need of your acknowledgement. **{1074}**

Confine not or abandon not your excitability about reality to your youthful days: whenever and wherever be excited about the wonder that is reality. **{1075}**

Know that at times not moving in any direction you are making great progress. **{1076}**

Listen to the sounds of stormy trees and wild waves; to breezes among the grasses and about flower petals. **{1077}**

Free yourself from the convention that every question is in need of an answer; sufficient it is at times merely to formulate the question. **{1078}**

Don’t waste your precious time on famous historical figures who are famous for all the wrong reasons; instead look to those who are famous for all the right reasons; among the right being: compassionate upholders of goodness. **{1079}**

Be virtuous but don’t be too hard on yourself for look see; Nature is naturally virtuous without seemingly making any great effort to be so: be so you too naturally. {1080}

Be always and everywhere loyal to Nature. {1081}

In style and tone be at one with Nature. {1082}

Don’t be bothered by those who question your authenticity; stay with being yourself no matter what. {1083}

Know the theme of Nature is Itself being Itself; you are of that same theme: be yourself. {1084}

Accept that oft at first will your ideas appear to be alien to contexts; don’t withdraw them. {1085}

Culture yourself to be able to quickly discern elements that appear to be out of place say in a conversation; influences which don’t belong to the original topic: linguistic fragments which will most likely cause the conversation to drift off course of its own accord or by subtle intention. {1086}

Discuss anything at all away on the human level but then transfer and consider it from the perspective of Nature; only then draw your conclusions. **{1087}**

Allow your mysterious nature to be its natural self; how so to be? Authentic be. **{1088}**

Don’t be over concerned if your arguments for or against something aren’t decisive the first time round: may they be; take time to go back and carefully rethink everything through, and then again make your case until decisiveness is reached. {1089}

Be aware that there is nothing that isn’t of any great importance: that isn’t significant; even the sound of a leaf falling is of great importance. Why to so is it? This, you will need to figure out. {1090}

Be so attuned to a conversation as to be able to anticipate what may very well be said next. {1091}

Don’t repeat anything to no purpose. {1092}

Be in word and style always yourself. {1093}

Contribute as much by your silences as by your words; your inactions as your actions. {1094}

Accept that someone from the past will only be known to you from their writings; write well. {1095}

Don’t probably be; be. **{1096}**

Take time at times to visit other people’s minds; finding them greatly to your liking sojourn there for a while: learn much. **{1097}**

Accept that you will without giving it a second thought find yourself using certain expressions

and ideas in common with everyone; if they are of the finest quality and flavour oft use them. {1098}

Become aware that paradoxes have their own truths; if at first not convinced, investigate them and find it to be quite true. {1099}

Realise that not everything will work itself out in contemporary history; it could take years, decades even centuries or longer. {1100}

Know that the conception of individual responsibility is to be found in the actual taking of responsibility for your silences and words; your inactions and actions. {1101}

Know that what you know is only what you know, compared to what you don't know; in fact no, it can't be compared to what you don't know; yet know that what you know is no small thing either. {1102}

Give old solutions a chance to prove themselves; should they prove not to be up to the newfound challenges then with gratitude let them go: well proved themselves they did long ago. **{1103}**

Be patient in the midst of your impatience. **{1104}**

Know that you are an original contribution to reality; be thus your originality be. **{1105}**

Let go of the long way too long held catch-all

theory of cause and effect; an obstacle only it is to having a profounder understanding of what Nature seems to be all about. {1106}

Do not deny the obvious. {1107}

Know that although you might at times feel Nature is eluding you, It is not rather it is you yourself who is doing the eluding for it is not in Nature to elude Itself: elude not yourself. {1108}

Know that failing to fully understand Nature is the most natural thing in the world; trusting Nature is what really matters: fully placing all your trust in It even though you know are not meant ever to fully understand It. {1109}

Learn the worth of not knowing everything. {1110}

Avoid attempting to compare not knowing Nature with knowing Nature for no comparison is there that can be made. {1111}

Put this question to yourself sometimes: “Where have I been?” {1112}

Alert be: notice what is about you on the land, in the waters and in the air; in the skies of day and the heavens of night. **{1113}**

Respect Nature and shun anything that would be attempting to substitute It: replace It as the source and origin of all that is. **{1114}**

Don’t put a wall round your mind for your mind is its own defence even while you sleep: fully alert be. **{1115}**

Know there is no time or place when which where and why you aren’t in the presence of Nature. **{1116}**

Finish speaking before you continue to speak. **{1117}**

Have your thoughts, words and way be of the flavour of Nature: refreshing. **{1118}**

Don’t be alarmed by the ways of Nature: a sudden storm or the shaking of the land and waters for Nature acts according to Itself; instead act you quickly and decisively to get you and your beloved ones and as many of your neighbours as possible to safety until Nature is fully done rearranging things: all for the good. **{1119}**

Know that just because you were born into the world naked it doesn’t follow that you should live your life without clothing yourself. **{1120}**

Know that Nature gives and gives; It doesn’t take back anything of which It has given though it may appear that is what has been happening from your point of view when you consider you no longer have that which had been given to you by Nature. **{1121}**

Be careful what you call a misfortune for in all

probability it will turn out not to be. **{1122}**

Take notice of everything but don’t overdo it for not everything is in need of being noticed or for that matter commented upon. **{1123}**

However strong and wild the winds and rains of Nature reach, don’t ever curse Nature for Nature knows what Nature is doing: a doing it is that is to be fully trusted. **{1124}**

Don’t hold back your sympathy; your compassion and consolation from anyone; but in particular from someone known to you who is desperately in need of such comfort not tomorrow; not next week, but right now. **{1125}**

In thought go up ahead of yourself to look back at yourself from a distance; take it from there. **{1126}**

Know that you being born into life was a most wondrous happening; all part it was of Nature’s way and purpose. **{1127}**

Don’t be asking why questions of Nature if you are expecting complete answers; be contented with partiality for there is always more going on than say rain merely falling from clouds or breezes blowing through trees. **{1128}**

Come to realise that your fundamental state is always restful and peaceful; let yourself be restful and peaceful. **{1129}**

Neither imprison yourself within nor without yourself: have not a jailor of yourself be or let anyone else be; have yourself be free to be that is the way to be. **{1130}**

Enjoy the dark of night as you do the light of day; avoid thinking one is to be preferred to the other. **{1131}**

Long for something but don't long for it for too long; for to be over longing is to destroy the original joy associated with having something to look forward to. **{1132}**

Be glad; very glad be to see something good working out for someone; especially for someone who has had way too many difficulties come their way. **{1133}**

Walk in the light of darkness; be at home in darkness as is light for light comes from the darkness; light being the most beautiful and precious gift as it were of darkness: look see so it to be in the heavens of night. **{1134}**

Give full strength to your tongue when you speak; full relaxation when keeping your silence. **{1135}**

Don’t be wavering about what you are about to say; with confidence say it and let it find its way. {1136}

Strengthen your words by taking your time saying

them; much of their power; their affect is lost when rushed through. {1137}

Become a skilled and stylish turn-taker in conversation. {1138}

Be patient when you feel you are about to lose patience. {1139}

Know that nothing can fill you with confidence like Nature can. {1140}

Don’t blame anyone or anything for your lack of knowledge; rather passionately augment it from this moment forward: what are you waiting for? {1141}

Rather than to be trying to give yourself hope from without discover your hope within; surprised you will be by just how much of it you have naturally and by the fineness of its quality. {1142}

Know that good words as well as not so good words; good actions as well as not so good actions can never be brought to nothing: so to therefore, speak good words do good actions. {1143}

Speak of what you know; what you don’t know keep silent on until you do know.
{1144}

Realise that what you put into your words; into your actions will not always be what will come forth from them for there is always something else

at play in the saying of words and the doing of actions. **{1145}**

Speak confidently of what you know; what you are not sure of hold back on saying anything until you do know. **{1146}**

Be careful with your breath: your words for as the wind of the valleys, hills and shores it has the power to bring about change. **{1147}**

Don’t roar or growl: you are not a lion; screech and shout if needs be for you are a human, but only do so when it is absolutely necessary, say to warn of an imminent danger or perchance in a moment of anger or frustration. **{1148}**

Know that when it comes to Nature you are dealing with the ultimate secret keeper; Nature being synonymous with keeping things about Itself well hidden: revealing only what It needs to reveal given any a situation; there being no comparison with what It doesn’t reveal. **{1149}**

Listen attentively to the whisperings of breezes coming through the trees or down about eaves but for gossip have no listening ears whatsoever. **{1150}**

Stand your ground when you have to; otherwise be flexible; flexibility being both the ability and skill to have things eventually come round to the natural way: to the way of goodness. **{1151}**

Know that although you are with healthy eyes looking at a person, a field, a wood, a sand dune or a seashore you are only seeing what you are only able to see: such being the limitations of sight; the same too being true for the nose, ears, tongue, skin and brain. {1152}

Readily admit to something having clearly been your fault if in fact it was; don't add fault to fault by refusing to acknowledge its existence. {1153}

Be grateful you have a home to live in; grateful for everything you have be; saying to yourself: "May it soon be so that everyone can have a home to live in." {1154}

Know that although the sounds of words once having been spoken will leave from our hearing, they don't go out of existence; merely they are no longer being heard: no doubt some day they will. {1155}

Remember that remembering doesn’t mean being able to recall every single thing; we are not so made as to be able to recall the miniscule details of everything that we ever did or said or the precise details say of a breeze that of a moment blew through tall grasses several seasons ago; know remembering is for recalling on the go. {1156}

Enjoy searching for answers; keep though in mind that not all answers are possible to find or in need of being found. {1157}

Ponder gates, doors, windows, skylights and passage ways through trees and clouds; like unto a gateway is the sunrise, so too its setting. {1158}

Look upon answers as the harvest of questions: sow quality questions; attentively tend to them to harvest a bountiful yield of quality answers. {1159}

Don’t snatch anything; it doesn’t look nice, feel nice nor is it any way polite. {1160}

Live your day in such a way as not to be hankering after anything; especially say after the sunrise or come the midnight hour after the sunset. {1161}

Dismiss not feelings of grief nor sorrow for they are as part of the days as is biting winds and black ice morns of winter. {1162}

Although clearly there are a hundred and one ways for you to make trouble for yourself: wise be and attempt not even one of them. {1163}

Give wings to your thoughts to fly way out over the fields and hills; over the sand dunes and the wavy sea; to fly away up beyond the clouds of day and come the heavens of night out and about stars, galaxies and nebulae. **{1164}**

Be as you are becoming. **{1165}**

Know that when it rains it rains for all as if

everything is a growing thing in need of moisture; in need of a good cleansing or even a momentary cooling down. {1166}

Rescue your downcast thoughts; elevate them and have them to stroll along well-trodden sunlit pathways of your mind. {1167}

Don’t be over trying to change the artful: those who make a way of life out of intrigue; who at every turn are trying to be crafty for they of a day, an hour or a moment will by their very selves be brought face to face with themselves. {1168}

Be subtle, yes; but not to the extent of losing track of the essence of what you want to say; use subtlety as it were a very rare and expensive perfume. {1169}

Although darkness should become the midday hour know it is still the fullness of day; the midnight hour light the fullness still of night. {1170}

Rescue anyone or anything you happen upon who is experiencing some kind of immediate distress; if you can’t do it yourself, call someone who can: don’t walk on by as if you are not noticing. **{1171}**

Know that Nature doesn’t correct your ways; you yourself must do it. **{1172}**

Don’t wound yourself; don’t wound anyone or anything. **{1173}**

Realise there are situations; most situations, when you yourself can definitely restore good health to yourself; at other times though you may not be able to do so, no more than a river of its own accord could stand still: get some timely help and all will again be well. {1174}

Slowly and surely deliver yourself from your sorrows and worries; the help of Nature is with you throughout the length of day and in the depth of night: you are not on your own you know. {1175}

Know that everything can be made to be true within its limits; Nature alone without limits is true. {1176}

Aware with be that the words and actions of those who have gone before us has not been merely something handed down from generation to generation; Nature of the back then and now has been playing a vital role in the transmission of such thoughts and actions. {1177}

Apply no such words as ‘perfect’ or ‘imperfect’ to Nature for no application at all do they have when it comes to Nature. To be saying Nature is nonpareil perfection or at times again to be saying It is imperfect is to be clearly showing you have little or no idea of what it is you are talking about when it comes to Nature. {1178}

Don’t be upset if you find your knowledge is quite

limited; if you find human knowledge is seriously limited when it comes to comprehending that which we call existence; which we call reality for limitations are there for a reason and that reason is to be fully trusted. {1179}

Don’t laugh at something that is no laughing matter: be sensitive, be sensitive and be sensitive. {1180}

Dwell in harmony with the land, the waters and the air; all living things in concord be; no agreement required to be; just live as such beautifully. {1181}

Be like the grass in the fields: carefreely letting yourself by the breezes be blown hither and thither. {1182}

To be observant is a joy of life; yet don’t be over observant for that surely would take the joy out of such a delightful activity; you need to have moments of looking away too to be able to observe all anew. {1183}

Don’t let yourself be using your mind in such a way as to have it ever be weighing up your joys and your sorrows; your good days and not so good: to be thinking and acting in terms of gratitude for being so lucky and ingratitude for being so misfortunate.
{1184}

Give yourself the opportunity throughout the day;

even in moments of sleeplessness in the night to contemplate something wondrously wild; something way beyond your experiences. {1185}

Use your heart and mind in such a way that it would be virtually impossible for burrs of any kind to be able to attach their sharp hooky bristles to them; as burrs of the pathways can irritate the skin so these can cause great discomfort to the heart and mind. {1186}

Know that you are not meant to nor are you capable of absorbing everything that presents itself to you: let them drift away on by; nothing lost: contentment of mind remains. {1187}

Don’t be setting up walls of fears for yourself; mountain ranges of endless such and suches: what ifs, wherebys and what mores. {1188}

Have your words be flavoursome for they for someone may be their only meal of the day. {1189}

You yourself grant yourself hope. {1190}

Know that living is not a waiting; an arriving it is. **{1191}**

Take in your hand a rock; say a rock of granite to feel the wondrous hardness of its softness; likewise a palmful of water the gentleness of its strength: in likeness your mind have you be to the mysterious ways of the water and the granite. **{1192}**

Know that with Nature nothing is ever lost; Nature doesn’t lose anything: doesn’t Itself lose Itself though much to oft appear it does to be making Itself quite hidden. **{1193}**

You yourself put yourself right if you find you have been unthinkingly putting yourself wrong. **{1194}**

Know that upon your breath are your words spoken and in the wind are they blown away to no one knows where; their meanings though can long stay in the ears of where they had been first heard. **{1195}**

Show yourself where you have been at fault. **{1196}**

Know that the wind both blows your words away as does it on aways carry them; akin every much to what it does with dandelion seed orbs. **{1197}**

Look at yourself as person to person; honest and wise be. **{1198}**

Know that there is way more to your life than merely doing things: life is not a service. **{1199}**

Don’t to yourself delusion assign.
{1200}

When lying in bed waiting for the dawn to come; wonder and allow yourself to drift into a momentary halcyon dream.
{1201}

Know that Nature neither slowly nor quickly moves; accordingly It moves: which simultaneously is by way of a slow quickness and a quick slowness. {1202}

Thoughts moving in the high blue sky of your mind like to dissolve and be gone; don’t as such be trying to hold on to them. {1203}

Walk in kindness to all; it is the way of Nature. {1204}

Know that there are clearly times when you don’t need to speak; clearly at other times you do: culture yourself to be able to go with the flow of sounds and silences. {1205}

Don’t frighten yourself. {1206}

Enjoy breathing your breath throughout the day; know it to be a power that keeps you on your way. {1207}

Don’t be examining and testing yourself every moment of the day to see whether or not you are living the right way; live away the right way that is the way. {1208}

Have this question for yourself every now and then: “Why do I think the way I do about this that and the other?” {1209}

Keep in mind that while there seems to be no immediate end to the amount of words that can

be spoken on any a subject; there is in truth an end to them though when that ending will be arrived at is oft not at all clear: it could take many a year. {1210}

Don’t be seeking Nature; Nature is not to be sought: Nature isn’t going anywhere; always It is here there everywhere; there being no place where It isn’t. {1211}

Goodness restore the rest ignore. {1212}

Realise and take note that your prosperity comes to you from Nature; by way of your dedicated effort and sincerity does it come; and come it does in overflowing abundance. {1213}

Don’t be taking up your precious time with over questioning the many and many generations that have passed; learn from them as much as you can: that will be suffice. {1214}

Know that your own experience is only that: your own experience. {1215}

Take time to sit in the sun; observe how your shadow moves about you; in the world like unto the sun you be in your constancy. **{1216}**

Have your telling and teaching of something be one and the same: tell to teach; teach to tell. **{1217}**

Speak not only from the back of your throat;

speak from the soles of your feet, and not alone from these but by far and by more from your heart. {1218}

Have your mind grow, flow and sway thoughts as do rivers lilies, reeds and rushes. {1219}

Let there be a freshness and a fragrance in your every word. {1220}

Forget trying to forget Nature. {1221}

Place your trust in the strength of a spider thread; many are its tiny threads. {1222}

When feeling weak lean against an oak tree; standing firm is what it does best. {1223}

Grow healthily in this great garden; everything you need is well provided. {1224}

Live in the mountains in the mountains; in the valleys in the valleys and by the seashore by the seashore. {1225}

Know that leaves rotting is not separate from when they were filling to greenery upon the limb; surely they are aware of this too as must be the tree from which they descended. **{1226}**

Lend not your good words to anyone who is not yet letting themselves open to receiving a good word not just from you but from anyone; bide

your time. {1227}

Let your eyes be filling with beauty; your voice with charm; your appearance and manner with grace and style. {1228}

Don’t be content merely with knowing that Nature is everything; believe it and be accordingly. {1229}

Question Nature all you want; be highly critical of It too if that is what you want to do; but when all is said and done: and that could well be at the end of the day or even night, readily then humbly admit to yourself that Nature is beyond you. {1230}

Be sagely; it is how age comes to be. {1231}

Know that the sun rises and journeys away throughout the day and then sets; all through the night journeys it on to the making of a new day without ever being under anyone or anything’s command, for Nature doesn’t command anything; doesn’t have any need to be commanding Itself. {1232}

Be as the stars in the heavens: shine; as the wind come down from the hills and in along the valleys and about the trees: move. **{1233}**

Stretch your arms out widely before the starry heavens of night; imagine how many worlds of all kinds there must be surely, even within such a

span. **{1234}**

Know that Nature doesn’t make anything in the sense or the way you would make say a table; doesn’t build anything in the way you would build say a house or doesn’t fashion anything in the way say humans fashion anything: Nature makes without making, builds without building and fashions without fashioning. **{1235}**

Let go of realities or imaginings whereby you have something or other be it human, god or what so be, relentlessly scrutinising your every move; your every thought even while you sleep and dream. **{1236}**

Avoid having a legalistic view of Nature. **{1237}**

Don’t attempt to categorize, systematize, index, classify, codify or tabulate the marvels of Nature into a single seemingly manageable repository of some kind, be it digital or otherwise for beyond numerous are they: the more you bring in by far the more you have left out and know nothing about; and this is incremental. **{1238}**

Culture your hearing to detect the slightest of sounds in your surroundings. **{1239}**

Prevent not the rain from falling; the wind from blowing or the sun from shinning for this is what they are meant to do: what you do is shelter yourself from them when needs be. **{1240}**

Be ever ready to go back on something you have said; especially in the light of new information coming your way. **{1241}**

Choose decisively; stay well away from dilly-dallying. **{1242}**

Presume you are right; yet keep open the very real possibility that you could be wrong too. **{1243}**

Avoid continually raising your voice in conversation in order to make your point for doing so amounts to nothing more than a whole lot of unwanted loud noise; it is besides quite ineffective and a total waste of yours and everyone's time. **{1244}**

Know that Nature is as one to the crows of dawn as to the crows of dusk; to you of the day as to you of the night. **{1245}**

Avoid letting your mind fall into a way of thinking that sees little to no value to being considerate of others sensitivities. **{1246}**

When you need to flap your wings and fly flap and fly, otherwise glide: for for the further and the longer will you be able to keep going. **{1247}**

Don’t stifle anyone’s words; let them get them out there into the air; then see to them with respect and care. **{1248}**

Know that your countenance's appearances and disappearances depend very much on your thoughts' appearances and disappearances. {1249}

Know no argument is there when it comes to the power of Nature; understanding this you won't build your house on a mud-packed high hillside or by an oft flood raising seashore. {1250}

Have no arbiter be between you and Nature; be you yourself be and all will be the way it is meant to be. {1251}

If you fear Nature it means you don't know or understand Nature: know Nature; grow in your understanding of It. {1252}

Don't give free rein to yourself to complain; instead fortify your mind to see whatever it is through. {1253}

Don't injure yourself or anyone in any way. {1254}

Use your eyes to see; your ears to hear: your senses all to be fulfillingly. {1255}

Enjoy being immortally mortal; mortally immortal and neither and more. {1256}

Shape, fashion and model your mind to the way you know it needs to be; it needs to be of Nature’s way day nightly.
{1257}

Swiftly have first, second, third, fourth and fifth thoughts about saying anything; yet hesitate not to say that which needs then to be said. **{1258}**

Don’t reduce anyone’s words; anyone’s ideas to dust: remember courtesy and wisdom well becomes you. **{1259}**

Bide well your time; yes, no need may there be for you to be saying just right now what you feel you need to say; if it were said say tomorrow it could perhaps be even more effective. **{1260}**

Lift your head and cast your gaze into the far and away high distances. **{1261}**

Make a stand if you have to; otherwise be on your way; no need for you to be lingering about: you will only be getting in the way. **{1262}**

As applies; ask yourself from time to time: “Why did I bring myself out of religious belief?” or “Why did I bring myself into it?” **{1263}**

Don’t be taken in by the worldly need for immediate satisfaction; better you to wait to slowly enjoy: for as sure as sure is sure, the days and nights are long and plenty of them anyway are there in the making all up along. **{1264}**

Imagine all you want: it is goodly to be doing so; however, at the end of the day freely give way to the sound about reality that imagination after all

is only carefree thoughts having some carefree fun. {1265}

Be responsible for whatever you don’t think or do think; for whatever you don’t say or do say; don’t do or do do: all these things need you to do to be profoundly you. {1266}

Look upon a moment of your day as being a thousand years say; the day itself a precious nanosecond within a rain droplet. {1267}

Turn your eyes away from that which will most certainly hurt you emotionally for hours, days, months even years. {1268}

Know that continuously returning you are to places of no return; such being the wondrous way of returning Nature style. {1269}

Throughout the day let positive thoughts hold full sway; no need indeed to be thinking any other way. {1270}

Change how you say things: be saying say not the dead of night though etymologically that may be right; all metaphors too should be considered anew. **{1271}**

Free yourself from the troublesome selves of others you have over long lengths of nights and days; almost unbeknownst to yourself allowed to establish firm dwelling places for themselves in

you: be from today of a courage, strength and determination to drive them away. {1272}

Don’t always be quick to speak even though you have a mind to speak; better pause to reconsider whether or not you need to say right now or even at all what you intended to say. {1273}

Give an answer well-befitting a question; on topic stay otherwise be silent: at least for a moment or two do for words are like unto living things that love to jump about and play in a mutually agreeable way. {1274}

Know that you are a secret of Nature; thus wise be in your wisdom or otherwise you will be an open book for all to read and as they please to erase here and there; not to mention downright overwrite you. {1275}

Start with considering Nature to be the ultimate mystery; with thinking it through consider It to be the ultimate mystery, and without the shadow of a doubt end with knowing that It is most assuredly the ultimate mystery: thus be continually wise enough to realise you are not meant to grasp or understand this the ultimate mystery. {1276}

Know that when it comes to sheer size of materiality say; there is nothing higher, wider, deeper, furtherer or greater than the heavens itself: its vastness and distances being without

end though you might by way of your most powerful telescopes be convinced it is otherwise. {1277}

Detect the goodness in everyone; in goodness to them relate. {1278}

Let yourself grow in knowledge and wisdom; in wisdom and knowledge have yourself be abundantly. {1279}

In innocence and honesty be in the world; unwavering in your honesty and innocence be. {1280}

Attempting not be to free yourself from all traces of fear for to be afraid is that which comes to your aid when you need to get anything done. {1281}

Forget not your difficulties; pretend not that they are not really real: going so far even as to convince yourself they don’t even exist; exist very much they do; as such work with them and you will be able to see both them and all things through. {1282}

From bridge or bank take time to watch the river waters in flow: they are but going the way they are going; with here and there allowing themselves to eddy about. **{1283}**

Allow yourself to be radiant by way of your silences, words, inactions and actions: your demeanour radiant have be. **{1284}**

Know that there is nothing securer than Nature; with such comforting knowledge live and dwell ever so securely you may come night come day. {1285}

Don’t be disturbing your own serenity; not alone your own serenity be not disturbing but also that of anyone else’s; even the serenity of a cat, dog or bird don’t disturb. {1286}

Seek advice when you feel you definitely ought to: be not obstinately depending on yourself to know what is best for you to do when with the truth being you are no way sure. {1287}

Look round with beautiful eyes; with beautiful eyes see the beauty in the surround. {1288}

Be the voice of yourself; on your own behalf speak. {1289}

Know your wise words spoken during the day don’t go away just because you sleep the whole night through; already they are way and away off in a world of their own making their own. {1290}

Reflect shallowly; reflect deeply: which to whatsoever way reflect. **{1291}**

Let go of believing yourself to be in some way superior to others; in some way to them inferior: be just be and you will see being as natural as natural can be is a most fulfilling and harmonious

way to be. {1292}

Come soon to soon to realise that asking the one much spoken of and believed in in one form, expression or another: THE GOD Above all gods or any a god at all to help you is coequal to asking yourself to help yourself; help yourself and all things will of their own accord naturally and nicely fall into place for you: just you it believe. {1293}

By your words always leave somebody in peace; in that they will be feeling all the better for having run into you. {1294}

You yourself challenge yourself and with yourself you will always be feeling good about yourself; no need is there for you to be of a dependency on others tendency to do it for you: do it yourself; you know you can. {1295}

Don’t ask the insects of the soil, the animals of the land, the birds of the air or the fishes of the waters how best to live: observe them well and therein will you be given to understand just how admirably adapt they are at being. {1296}

Know that everything is of Nature’s own design, making and sustenance: nothing is there that Nature does that isn’t of the sound fullness of goodness to be found; in all your ways of this goodness be. **{1297}**

Hold in your power yourself; your life is yours to live dignifiedly. {1298}

Be ready to receive wisdom when you are a toddler playing about in the garden with a puppy; a centenarian enjoying watching a great grandchild playing about in the garden with a puppy. {1299}

Culture yourself in the art of discretion from the very first moment its meaning and nuances reaches to your understanding. {1300}

Know that if you destroy something you won’t be able to refashion it, rebuild it or remake it; for what you will have remade, rebuilt or refashioned is not that which you destroyed: something in every detail like unto it may well be surely but it it is not. {1301}

Don’t lock yourself in on yourself for there is every chance you may not be able to ever again set yourself free: even if you were earnestly wanting to; for some doors like unto these are only openable from the outside: that is of course assuming the correct key is still in safekeeping. **{1302}**

Take time to gaze upon shimmering waters on any a sunlit moment of the day; on any a moonlit moment of the night. **{1303}**

Let not the havos of the world play havoc with your mind; for can they can so very swiftly and easily if you should let your guard down: even for a dawn or a dusk. **{1304}**

Look see, search for and find in yourself alone your own strength; no need for you to be anxiously trying to look for it in someone else: in yourself alone save will you find it to be. **{1305}**

In you is strength: be strong; resourcefulness aplenty: be resourceful. **{1306}**

Know that there is nothing as ridiculously foolish as being of the opinion that everybody else is to a varying degree quite foolish and that I alone ever am the clever one. **{1307}**

Don’t let your mind be robbed of its wisdom. **{1308}**

Walk barefoot at times to feel the grass, soil, sand, rock and snow beneath your feet. **{1309}**

Know your way of life to be how you are letting yourself be taught by life; not is it how you are teaching yourself how to be. **{1310}**

Accept that at times Nature will cause you to forget that which you have no need of remembering; for not everything it seems is in need of being remembered. **{1311}**

Know that there is nothing higher than the above;

nothing lower than the below; wider than the wide and further by far than the furthest. **{1312}**

For respect of Nature and safety and ease of life; have your dwelling place be on solid ground: away stay from having it be on shifting clays and by rivers that oft quite overrun their banks or along valleys and hillside corridors where tornados have their play or in the way way below particularly in the pathway of avalanching snow; and if at all possible avoid too having it be beside tsunami welcoming shores. **{1313}**

Whether you are in years no more than five or a hundred and five be discrete: discretion by age being not confined. **{1314}**

No one is there know that is lowly born: nobly born is everyone for Nature is noble. **{1315}**

Welcome the darkness of night as you do the light of day for the darkness is but the hiding away of the sun of day; the light of day being but the sun making way for the darkness of night: one the same reality in plain sight. **{1316}**

Know good judgement to be exactly that: good; what is good is good and the truly good recognise it to be immediately; acting and speaking of it bravely do they accordingly. **{1317}**

Drunken not your mind with anything; merry be

sure be according to happy occasions but don’t let your stepping over that line be the cause of unhappiness to yourself or to anyone else: it marking the ushering in of a regret that will have lifelong consequences and even who knows for the years beyond it to come; there being so many of them. **{1318}**

Know that what you have seen with your own eyes; heard with your own ears is only that which you have heard with your own ears and seen with your own eyes; someone else having looked at and listened to the same thing will have been appreciating it somewhat differently from you. **{1319}**

Realise that whatever you have learnt; whatever you know about the external world there are plenty of others who also are of such a general knowledge; what they don’t know about though is your inner world; neither too do you theirs. **{1320}**

Intend your words rather than merely uttering them; for it is by the intention in them is the message carried over. **{1321}**

Happily be in your own estimation say: a philosopher of the natural kind; no one at all will mind if you do it being very much up to you; extra wise though then do you need to be. **{1322}**

Pay attention to everything around you yet everything around you ignore; fulfilled you will be

all the more. {1323}

Know that if it has a ring of falsity to it: that clearly it sounds false then false you can be sure it is; away from it stay. {1324}

Don’t fool yourself; don’t anyone fool and to reiterate: yourself above all don’t fool. {1325}

Play as you would with sand and clay old maxims, adages and proverbs of the day; attempt not though per se to be making anything concrete out of them for always you will be needing them for your wordy play come what may. {1326}

Know flexibility to be an ability; so too inflexibility: culture them well for you can never tell when you will need to bring them into play. {1327}

Do the talking when you need to do the talking; the silence when you need to keep silent; attempting to be talkative and silent at that same time will only make for muddle; out of muddle nothing is there that can be shaped. {1328}

Listen carefully to something that you at first considered not listening to out of some unknown fear of learning of some troublesomeness: slow be to dismiss anything if you don’t know anything whatsoever about what it is you are about to dismiss; better first to learn something of it and then of course dismiss it if needs be. **{1329}**

Don’t be heavy on yourself. {1330}

Although you oft speak to yourself, don’t feel you need to be always answering yourself. {1331}

When you view your face in the mirror, look too therein to a semblance of your countenance. {1332}

In autumnal days: be these any days at all, allow for some of your thoughts to be blown about here and there by the wind; no need for you to be anxiously going about raking them up into neat little piles so as to later dump them away or worst to same put to the flame. {1333}

Know your youth: your yesterdays reaching as they do all the way back along to when to you don’t at all remember, always to be not of today somewhat say but of yesterdays; yes, more by far the many are they of those meandering yesterdays. {1334}

No need for you to be watching your every step; let your legs and feet do the walking for themselves; that is what they are meant to do and well can do. {1335}

Rotting wood may appear to you to be just that but to Nature you can be sure it is something much more; be you conscious always of that something much more. **{1336}**

Look not upon yourself as a seed that grows,

blossoms and withers away like any a flower of night and day; that is what any a flower does; what you do is alike unto you: be it very much alike unto a growing, a blossoming and a withering away throughout the seasons of the night and day. {1337}

Turn your gaze on all the beauty that is in your there about; awful things are not for gazing upon, for the gift of gazing is alone for the culturing of a beautiful mind. {1338}

Know you know well you do that clean water can be brought forth from unclean water through a process of filtration but this know now too: no amount of filtering will ever be able to extract a good result out of a bad intention. {1339}

Measure away the minutes, the hours, the days, the months and the years of your life if you wish, but know this: Nature has no need for any such measuring out of Itself; so then, why need you to have? {1340}

Know this: the way you are having yourself think on anything is totally up to you; say should you let yourself be led by propaganda masquerading as truth, then you should be not at all surprised to find after a very short while that you have all but by now lost almost all contact with yourself, not to mention with the reality of the real. {1341}

Never turn your eyes away from yourself: never ever yourself leave yourself alone. {1342}

Don’t be trying to daily restart your life rather live the new day as it is: a new day having you in it. {1343}

Know that should seemingly now lifeless ideas drifting away in the higher out altitudes of your mind happen to come into contact with way and away older long forgotten ideas they could, can and do again grow and develop into thoughts and ideas most wonderful; appearing all afresh to you now as if they had originated with the new day itself. {1344}

Know that not even a single thought of yours ever absolutely disappears from your mind; merely it can prove at times to be somewhat difficult to find them again within say the timeframe of what all an sundry would refer to as a minute, an hour, a day; come long along to say a month, a year even an entire lifetime. {1345}

Don’t be afraid when at times all the sea waters of your mind feel as if they have suddenly all dried up; so too should you feel it for your rivers, streams, lakes, springs and pools; breath to breathe to pause to watch them all rushing back again to fill flow and be as they have always been. {1346}

Don’t let the day slip by as if it is nothing; nothing

at all other than just another day: no way for you is that to be. {1347}

Hide yourself in the wide openness of the new day; though the whole world were to search for you there they won't be able to find you. {1348}

Know that it is not enough at times to be just sounding away words to yourself; you need also to be answering yourself, otherwise, the wisdom of the moment will have little or no chance to come alive in you: for know you not that even the singing bird on the limb herself herself does answer from time to time; how much more so then you should. {1349}

Know that the mountain you see off there in the distance is not the same mountain as was standing there yesterday; neither are you the same you that was standing there looking at it yesterday. {1350}

As a hillside lets itself be worn away by the wind and the rain; the snow and the hail; the sunshine beaming down, have not your mind stubbornly be trying to hold on to certain rigid thought formations: flexible and yielding have them be. **{1351}**

Harm no one’s hopes, dreams or aspirations for these however vague they may be may very well be the only things that are keeping them going. **{1352}**

Know that an imaginary pain is both painful and imaginary; it having as it has a reality all of its own making and sustenance. **{1353}**

Know that whatever answer you give to a question today or whatever question you form will be according to what is on your mind at that very moment; were you to ask the exact same question again tomorrow or give the exact same answer as you did today your mind will already be in a different place for more than anything it delights not in waiting about: ever having fun is it meta-forming itself. **{1354}**

Inhale the winds; open your mouth wide to drink of the sun; swish play your hair about among the stars; the moonlight let fragrant your insight. **{1355}**

Don’t speak in defence of yourself if you have only empty words to put forth for most assuredly they will let you down. **{1356}**

Let yourself be prompted by Nature: speak to the birds of the air, the animals of the forests and fields, the fishes of the waters and the insects of the garden. **{1357}**

Let go of thinking, believing and speaking of there having been a first-born of the human race or that there will be a last-passing for nobody at all knows how we came to be or how we won’t no longer be; suffice then it is enough to contentedly

know, believe and say that somehow we were, somehow we are and somehow we will be: all these somehows somehow having everything to do with the wondrous ways of Nature. **{1358}**

Listen well to your own good council for much in your speaking to others is by no small roundelay meant for yourself. **{1359}**

Know that though science, religion and ignorance gush forth volumes upon volumes of knowledge on everything and anything; that being a good thing, they have no monopoly of wisdom; knowledge is one thing; wisdom quite another. **{1360}**

Realise as surely you must that everybody knows something about something and knows a whole lot of nothing about many things; this is not going to change anytime soon. **{1361}**

Know that everyone and anyone could and will most likely know much more than you do about everything and anything and yet maybe not: possibly you alone are the one in the know; how for sure would you be able to know? **{1362}**

Become aware that although you may have lived away thus far through years of summers, autumns, winters and springs as they come day come day nightly go: you may not yet have even begun to know what it is you and they have in common so. **{1363}**

Do not be complaining about some little discomforts that will leave from you anyway in say half a day while so many others near far and away have difficulties to deal with not just for a night and day no way but for months upon months on end, even for years without scarcely an end to them ever appearing in their sight. **{1364}**

Be you passionate but let not passion be you. **{1365}**

Trust yourself aplenty yet place not all your trust in yourself; an abundance of trust in others too definitely you can place; pick well though for trust needs time for itself to prove itself. **{1366}**

Tell of your own experiences in life only when there is a need for them to be heard; much the more be a good listener and an honest to truth commentator: precisely on what you have just been listening to. **{1367}**

Let yesterday, today and tomorrow teach you; there being no time when you can’t be learning something; such learning will amount to a treasure of substantial knowledge: given time over time; take your time yet be swift about it. **{1368}**

Listen too to the echoes of words spoken; they may be carrying some extra meanings. **{1369}**

Be following and making some destinies for yourself; the given ones are just something to get

you started: something for you to be working away with. {1370}

Be aware that your ruination is as close to you as is your stabilisation; your stabilisation as is your ruination: there being not a single lifeform that isn't living according to such a fragility. {1371}

Distress yourself over your anguish and all the more distressful you will become; the same too holding true should you anguish over your distress; therefore best to best don't let yourself become distressed or anguished over anything. {1372}

Know that there are no deserted places in your mind: only places that you have not visited in quite some time; take time out to visit them from time to time. {1373}

Know that nothing lasts when you place it in time; place it outside time and you will have it all the time: paradoxes smile on paradoxes all the time. {1374}

Protect your budding thoughts; your blossoms from frosts that can put an end to their growth; winds that can sweep through and blow them all away; these winds and frosts know you have their sources not in the within of your mind but in the without. **{1375}**

Avoid indefinitely postponing anything: with it

deal and with it be done. {1376}

Know that hypothetical situations will suggest all kinds of possibilities to you; one alone of which will be ideal for you to do should you decide to; though know this though that although it is the ideal for you you should not have yourself feel in anyway obligated to do it: sufficient for you it is to know of it and that should you decide to do anything about it you would and could. {1377}

Don’t raise your outstretched arms to a cloud of pouring rain in attempt to stop it doing so; rain clouds rain rain; enjoy strolling in same, otherwise some shelter take. {1378}

Don’t bother your shadow: let it be free to be itself; where you go it will go. {1379}

Take time from time to time to contrast yourself with peoples of long gone by and with those of not yet come into being; don’t though lose yourself in them. {1380}

Know knowledge can be acquired; wisdom on the other hand comes to you only when you are ready for it: you may not even be knowledgeable and yet it could come to you; more though the often will it come when you put yourself in the know: there to there be in the know. **{1381}**

In this the new day, and if the pleasure of leisure

is still upon you to do the same, then resume some happy thought from yesterday; no day limits place on thoughts. {1382}

Know that however many times you may have heard something similar said before; some very good word given that there is every chance that it has not yet dawn on you that it was meant for you all along: so to so go back and remind yourself of things said to you that you choose to think were meant for someone else instead. {1383}

Never tire of speaking words of encouragement; for no one is there who isn't in need of a little bit of inspiriting from time to time. {1384}

Allow yourself a momentary distraction whenever you find yourself becoming somewhat overburdened with a concern for someone or the world. {1385}

Don't hand yourself over to a way of thinking that you know well doesn't suite you: think twice by two and it don't do. {1386}

Shut not your mind to reason; your heart to feeling. **{1387}**

Let not yourself become settled in your ways of thinking and things doing: constantly refresh your mind; your hand things differently do. **{1388}**

Plan your day; it is a good way but be ready too to

go with the sway when that clearly now is the better way. {1389}

Make room for the new day: don’t be wanting in the night to stay; in day make room for the new night: don’t be wanting in it to stay. {1390}

Look forward to the given moment; how to how say? look forward to this the new day; how about how to say the new day tomorrow? look forward to the new day tomorrow. {1391}

Sleep in the dark; sleep in the light throughout the night. {1392}

Your own happiness see to for yourself. {1393}

Whether you keep your silence or set forth your words: have yourself with yourself be at peace and joy. {1394}

Know that should you live your life according to time, there will be no time when it isn’t running out; why to where what would you want to be living that way: throw time away; no need for you to be having it stay. {1395}

Say all you want in a conventional way yet aware be that you could just as well say it in an unconventional way: the unconventional not being as unconventional as you might think.
{1396}

Always highly regard and nobly speak of yourself

and others as human beings; never ever low look upon yourself or anyone as an animal; being human howsoever doesn’t mean you are not of the wondrous and beautiful animal lifeform: just don’t vocalise or act like one. {1397}

Learn to say little but say the little ever so well. {1398}

Regard everyone as your teachers: look on everyone as having something to say or do that will be good for you. {1399}

Don’t be upsetting yourself by letting yourself by yourself be upset: you can handle most to nearly everything that comes your way; that is for sure safe to say. {1400}

Know that a great sweeping swaying forest; a wide to far reaching about lake or even a jungle deep thick high can by Nature be brought to sand dunes over long length of time; human beings by their stupidity could make it happen in a day if they so themselves let themselves by themselves be so misguided: let Nature alone be in charge of such mighty transformations, for not alone is It in tune with the bigger picture but of the bigger picture is It the maker thereof. {1401}

Don’t attempt to put out the light of the sun; once done, you and all on this beautiful planet you so lovingly call home sweet home are done: never

ever the more to be; oh, how very pitiful and sad that would be for this fertile region of the galaxy. {1402}

Dim your countenance as you would it brighten for the colouring of your way is according to your inner play; though more the more to say have it shine throughout the day: the dim being more suited to the night. {1403}

If at all possible, let nothing bring you down; but if it does, such as war and its associated atrocities then try and try amid the crying to lift yourself up again: even to your lowest bar of strength for from there will your highest be coming into view. {1404}

Don’t knowingly put yourself either physically, intellectually or emotionally in harm’s way; yet have not your mind by over nice to itself to such an extent that it will not allow you to do anything that has even remotely an air of risk or danger to it; for life to be life is to take on the strife and if all possible to overcome it. {1405}

Grow your roots deep and wide; your trunk branches and limbs strong as to be able to withstand swaying hither and thither in the comings and goings of storms. **{1406}**

Know that what will fade will fade; forgotten forgotten: no amount of preserving or recalling can hold on to such natural happenings; in likeness in kind: what won’t fade won’t fade; what

won’t be forgotten remembered. {1407}

Enjoy the velvety darkness of night as you do the silky light of day: both equally are meant for your comfort and care. {1408}

Know that there is no place on the planet that you should look upon it as being a place of exile from your home for your home sweet home is the planet; no place either is there in the galaxy for the galaxy is your home sweet home: our home sweet home is the Universe. {1409}

Don’t be letting yourself torment yourself over anything; something about it do and the torment will with you have nothing more to do. {1410}

Avoid as much as possible letting yourself go astray; find your way back the same day. {1411}

Know that no doubt there will be different forms of oppression that will come to you from the without but it is those rare few that burst forth unannounced from the within that need to be dealt with post haste. {1412}

Come to know that they are many ways to protest against wrongs being done in the world; who knows: the subtlest of ways possibly being the most efficacious. **{1413}**

Don’t place stumbling stones on your own path and then spend your time doing your level best to

sidestep them; wise be and place them not there in the first place. {1414}

Be honourable, be honourable and be honourable. {1415}

Push yourself to break through your own established in mud defences of thinking; having more they are to do with keeping you bogged down within than from defending you from anyone without. {1416}

Don’t try to be aloof: having your head always be in the roof; yourself be and that will be enough you see. {1417}

Be a full loving brother to your brothers and sisters; to your sisters and brothers a full loving sister be; if though howsoever you somehow don’t deeply feel yourself to be a sibling of theirs or that they seem somehow to you to be somewhat removed from you, then don’t force yourself to be one: sufficient it is that you right away to go to them should they be in need of your loving presence. {1418}

Know forever to be the given moment; live the moment. {1419}

Be with yourself; no more an important person is there to be with than with yourself: the prerequisite it is to authentically being with someone else.
{1420}

Refinedly culture yourself to speak words that are well befitting the occasion: words that are correct and timely. **{1421}**

Learn to recognize that at any a given moment you only know what you only know; find out some more if you desire so or just let it be: if you are not meant to be in the see. **{1422}**

Although you were born into a particular family in a certain part of a country or region of the world, know that there is no pretext for why you should lack knowledge on anything: plain and simple be in the know. **{1423}**

Know that the way and ways of Nature admit of no exception: always and everywhere is It being natural; yourself naturally be accordingly. **{1424}**

Yes; be eager to replay but take a moment to ask yourself why; for who knows you may not need to say anything: your silence being as powerful as any a word you would have thought best to speak. **{1425}**

Let go of the notion tagged time: time with its beginning, its running and its ending: live you can all the more fully without it: try it out, right away will you experience it to be true. **{1426}**

Stroll some of your thoughts along mountain ridges; upon far reaching away clouds have them be until eventually finding themselves sauntering

in wide open valleys of the galaxy. {1427}

Emerge out of the day at the end of the day as if you had been in a dream; enter the night the same do: dream the whole way through. {1428}

Be the youthfulness of old age; never a day say to yourself: “Alas; alas, the days of youth left me long back in the whens of when I was not looking.” Youthfulness is not the exclusive of any a day: happily be your own day. {1429}

Enjoy letting beautiful thoughts linger away for as long as they want to stay; lingering being what the sun at times appears to be doing at different times of the day; observer it for yourself say in the mid-afternoon of a summer’s day. {1430}

Flow your words with the streams of dreams; with honey and cream learn to say so much more, and yet, still have plenty left in store. {1431}

Be of a day of a finely courage to walk away from anyone or anything that is becoming way too much for you to cope with; don’t look back for to have stayed would only have brought you a whole lot more frustration and pain: nothing worthwhile is there to be gained from putting up with either afflicted or inflicted pain. {1432}

Know that lighting a candle is not the same as lighting the sun; the blazing fire in the hearth as the galaxy glow. {1433}

Rather than say: “I have inherited this new day.” say: “This new day has inherited me.” {1434}

Listen only to your inner voice when deliberating on what best to do; trust it completely to the point of not trusting it all: now with confidence send forth your decision. {1435}

It goes without saying; it does of course, in conversation allow the other to have their say: courtesy, politeness and etiquette though seemingly all one and the same should always be included in the subtle sway of words at play. {1436}

Even for a moment or two betwixt sunrise and sunset, let yourself be appalled; dismayed and even horrified by what humanity is inflicting on humanity and on home sweet orbital home in the name of progress: for better by far it is for you to have such wrenching heartmindful reactions as to being indifferent: being solely consumed with your own interests. {1437}

Goodness increases with good; so too you may say does badness with bad: that is a sad way to be thinking; stay with that goodness increases with good, let this be more fully understood. **{1438}**

Become aware that mythological colourings are hidden away in the subtleties of everything you hear people say; even in the subtleties of your own words will they be found to be; though not be you might think they be: assuredly be they be. **{1439}**

Know that there are times; such times presenting themselves all the time, when for you to speak will be useless or unwise: know when to maintain your silence and when to send forth your say. {1440}

From the moment you wake to the moment you sleep attentively observe, listen and learn of the ways of Nature: accordingly be. {1441}

In your every thought and action leave room for Nature or else no room will you have in to stay come night or day. {1442}

High winds can and will blow you away if you don’t get out of their way: timely get out of their way and no blame on them will you have to lay. {1443}

Know that what you do and say today; don’t do or don’t say is entirely your responsibility: it is not your parents’, your siblings’ your beloved’s nor is it your children’s or your descendants’; not even your neighbours’ responsibility is it: to the high to the low to the wide deep and center, what you do and say or don’t do and don’t say is alone your responsibility: for it thus be responsible in this your own day; letting it not continue a step further in any way, should you not be able to or even here to put it away. **{1444}**

Know that there is nothing about you that Nature isn’t aware of; for of Nature you are. **{1445}**

Grow in your understanding of the tales of old; much in them have not yet been told. **{1446}**

As you are strolling upon your way, know that it too is moving though at a pace way too slow for you to be able to notice; it is like that with everything: everything is in a stillness of movement to be found, and by round around even yourself. **{1447}**

Know that selves of yourself walk behind you in a never-ending procession meandering itself way back and way back into way back and way back; looking at it from the up ahead back, you can presently be seen to be of that very fine company. **{1448}**

Strive to make sense when saying anything yet don’t be over bothered if you don’t seem to be making any sense: making sense and making nonsense often keep each other company. **{1449}**

Know that Nature needs you though you at times might find yourself in a self-darkened state of mind whereby you have now let yourself convince yourself It doesn’t: that it wouldn’t make the slightest difference to It if you were say this very night or day and by some self-destructive means or other to deliberately attempt to remove yourself from It. Come; come, come now to your senses human and know: more essential are you living to Nature than you will ever know; when so much as

you will not be Nature will transform you naturally. {1450}

Be constantly aware that your integrity: in your vacantness, thoughtfulness, silence, word, inaction and action in no small way enhances world probity; honesty, decency and trustworthiness. {1451}

To the thirsty for insight give generously from the abundance of your wellspring; to those who hunger for trust, willingly and plentifully share from your spacious oven. {1452}

Don’t for anyone narrow your ideas down to nothing; your ideas are precious to you and go to having you be who you are in the everyday nightly scheme of things. {1453}

Know that no wonder should you be under over the lack of pure joy and excitement in your life if you haven’t been making any effort to wonder. {1454}

Be comfortable with daylight turning to nightdark as you do nightdark to daylight for it is not two happenings but one and the same phenomenon though expressing itself differently: yet this know light comes from somewhere and that somewhere is the dark: dark is the home of light to which it is always returning to. **{1455}**

Live endlessly in the high, low, wide, deep and

faraway places of your mind: there being therein no place where you can’t dwell. {1456}

Be far over and above yourself at times as the sun is far over and above the planet; as the center of the galaxy is far and away over and above the solar assemblage. {1457}

Realise that you are not known to so many on the planet; all the more so are you not known to the worlds upon worlds of worlds way out over into the galaxy and beyond: yet, who knows you may very well be for nothing about this is as of yet all fully known. {1458}

Know that the ancient trails haven’t gone anywhere: the deeply insightful ancient ways; remain they do though out of view under years of words spoken and written; seek them out and upon them again walk. {1459}

Realise that you didn’t come into your present existence before or after your time; right on time did you arrive in the womb: neither a moment too early nor a moment too late; such being the wondrous ways of Nature even when considered from the point of view of a temporary artificiality of convenience, namely time. **{1460}**

Let you mind; have your mind be alone filled with the very best of thoughts: no need for you to be wasting it on paltry petty pathetics. **{1461}**

Recall the wisdom of old for it has much to offer; as does the cold of winter to the hot of summer though you might think it doesn't: it being so far removed from it. **{1462}**

Be peaceful and you will never have any need to be trying to restore it: peace is best at being peaceful. **{1463}**

Always welcome good words; take them to heart and when the need arises bring them fourth as something new: they being all the better for having been of you. **{1464}**

Don't allow yourself to get into a way of thinking that would have you consider beautiful things to be nothing more than dust; lovely things mere nothings of anything: beautiful is beautiful, lovely lovely; this always hold to. **{1465}**

Be a delight unto your home; unto your neighbourhood, your village, town or city; unto your country a delight be; and is there any reason why you should stop there? a delight be unto the world and unto the worlds of worlds reaching way out endlessly beyond the galaxies, for this is what it means to be fully. **{1466}**

Know that there is no time or place in which Nature isn’t aware of you; you are not outside Nature: of It you are within and withof; let such contentment knowledge be at the heart of your

day; throughout your night sleep soundly with it. {1467}

Whether you walk on your path by night or by day, know that light and shadow are with you every step of the way: with light alone you will not have arrived nor with shadow; between them will they have safely brought you: trust them come what may. {1468}

The woods, the hills and sand dunes may at times appear to you to be way far off, so too the clouds, the moon, the sun and the starry heavens, but nowhere distant ever is Nature from you know for as the woods, hills, sand dunes, clouds, moon, sun and starry heavens all are of the same nearness and farness. {1469}

To yourself be kind: use your mind. {1470}

Go east Nature is there; go west It is there so too, and should you go south or north or way out and away into the furthest heavens, there also you will find It to be: no place wheresoever there being where you won't find It. {1471}

Walk in your way but in your own way don’t get. **{1472}**

Once you have made up your mind on something stay with that something as long as that something brings no harm either to yourself, to anyone else or to any a living thing. **{1473}**

Know that sometimes the more you think about something the less likely you are to be really thinking about it at all; instead thinking you are about something quite different; such being the subtle power of divergent distraction. {1474}

Know that neither light nor darkness can hide Nature from you; you from Nature: there being no place where you aren't in the presence of Nature; where you aren't of Nature: have this awareness be your contentment and joy. {1475}

When conversing with anyone place ad interim boundary-markers in your mind; let what they say reach into you only so far and no further for your mind is a precious place; need you do to be constantly looking out for its wellbeing. {1476}

Don't go into hiding in yourself; that is not something you need ever to be doing for you are already well hidden: Nature has you safely hidden away in Itself and that hiddenness is in the safety of the wide open. {1477}

Don’t walk in the dark without a light for you could easily stumble and fall; nor in the light without the companionship of your shadow be, otherwise you could feel quite lonely.
{1478}

When sleeping stay sleeping; when awake awake: having yourself be half asleep and half awake is

no way to be; take a nap though if you need to. **{1479}**

Don’t make your heart sink over anything; you will only be letting yourself open to fear. **{1480}**

Avoid not the night because of its lack of light; the day for its absence of dark. **{1481}**

All night long is not at all long to the sun; neither is too the day; think of yourself in the same way as you contentedly move about the night and day; you and the sun having much more in common than you would have yourself say. **{1482}**

Hide yourself in yourself; that is what Nature is everywhere doing: be of such a doing. **{1483}**

Know that there isn’t a word that exists in any a language that hasn’t a moral sense to it in some nuance or other; thus to say, be bright clear in what you say. **{1484}**

There is no word ever spoken that is without some substance; try and find out what that substance might be before you say anything to the contrary.
{1485}

Hold the mighty rainclouds aloft with your hands if you can; try with them pushing the incoming tide out or stopping great waterfalls from cascading; can you? No you can’t: humble so be in the company of Nature.
{1486}

Know that you are more than a whispering echo; all the more be that more. **{1487}**

Don’t think you can comprehend Nature head on; Nature is not to be comprehended head on: It is to be experienced; therein comes a complementary comprehension. **{1488}**

Give yourself excellent advice and ever ready be to receive the very best of advice: be quite willing to offer helpful suggestions for the greater good of everyone concerned. **{1489}**

Breathe the breath of life that is in you. **{1490}**

When in a conversation you find yourself to be clearly getting it wrong about something; then there and then first admit it to yourself and as soon again to others: don’t continue to be claiming to be right when well know you you are definitely not. **{1491}**

Stand with your integrity come what may; may the come what may though be not way over difficult for you to outlast. **{1492}**

Know that up to now you have but scarcely learnt how the power of Nature works; winging it along you have been as if you are fully in the know; no, learn to learn how It works and accordingly be. **{1493}**

Know that there is plenty for you to know beyond

your any a given time knowledge; this will never change nor is it meant to: be thus to say in the know in as far as you can go. {1494}

The underground from place to place will shake up valleys, hills or clifty shores; shake them away on and off it could all day and into the night through, but so to so do know that will be as far as it goes: until perhaps to another one to two to three days more or to never at all: Who this does know? {1495}

Let the breath of Nature breathe in your nostrils. {1496}

To speak the truth is assuredly the way to be; yet culture yourself to know when it to speak and when it to keep safely hidden away for another day: be that day over the way by centuries. {1497}

Readily admit you have got something wrong should that be the case; otherwise, firmly stay with what you got right. {1498}

Have you words and actions take their stand on your integrity; waver not. {1499}

Although others may waste their breath in empty words for the sake of conversation; always you have your words be full: fragrant, flavoursome and enriching. {1500}

Delight gathering in your hearing and seeing beautiful phrases as you would from tree, bush and briar succulent fruit. **{1501}**

Become aware that just because the spider goes about things differently from how you do, it doesn’t mean that you don’t have some things in common; observe well and you them will find. **{1502}**

Know that whether you are awake; fully awake or asleep; fully asleep you are of Nature. **{1503}**

Open your eyes to the plain facts of a situation. **{1504}**

Don’ shy away from having your thoughts climb high or dive deep or extend away and away out wide. **{1505}**

Know that the womb that nourished you never forgets you; your name ever on your mother’s lips be. **{1506}**

Show kindness to whosoever is in your near about; even to the happened upon ant, fly or spider your kindness in fullness show. **{1507}**

Don’t be anxiously trying to keep your eye on every step you take for that is not the way of walking; without you having to be always thinking about it you can walk very well. {1508}

Although hazes of a summer’s morn were to

vanish right there before your eyes, they haven’t gone anywhere know; merely have they exchanged forms; nothing at all being a very finely formed form keep in mind. **{1509}**

Accept the dark of night as you do the light of day; in that way nothing ever will be in your way. **{1510}**

At least once a day walk a path unknown: a path unknown to not alone you but to anyone. **{1511}**

In moments of leisurely imagination invert say a mountain or backflow a river; then see to see as to the effect it has on your thinking. **{1512}**

Know that there is nothing that isn’t precious; nothing is there that isn’t significant; look after the precious, decipher the significant. **{1513}**

Explore the sources of rivers: your thought rivers; their wondrous springs bring up to your knowing. **{1514}**

Know that there is no need for you to be bringing to daylight certain secrets of reality that you have been spending your lifetime privately trying to comprehend for not everything known by you on such matters need to be made public; much of what you have come to know is for you alone to work with; by your way will others indirectly come to realise that there is more to you than meets the ear and the eye. **{1515}**

Ask yourself every now and then: “Where does my wisdom come from?” {1516}

Be not anxious that you are not known to yourself for not-knowingness is an everyday characteristic of Nature; embrace it and by leaps and bounds will you come all the more to know. {1517}

Realise that you are meant to know somethings in a day, in a night: not everything are you meant to know; many things are you meant to know in a lifetime, yet not everything are you meant to know; with this fully be at peace. {1518}

Know that there is nobody in healthy you but healthy you though that you may express itself in any number of personae throughout the night or day; if not sure have yourself look to a countryside of green fields, golden grains and wavy groves: this indeed will well confirm for you it to be so;: doubt no more. {1519}

Come to know yourself to be a preserver of all that you have ever seen; ever heard, ever felt and ever experienced. **{1520}**

Realise and be aware that your words will most likely imply more than what you intend them to imply, for words are that way you know: inclined at times to be doing things all of their own. **{1521}**

Accept that at times that things sometimes;

situations sometimes are way beyond your ability to explain even though you may have an array of dictionaries and a multitude of languages at your disposal; simply putting things simply won't do it either. **{1522}**

Invite yourself new-daily to say something wonderful about Nature; say by saying how beautiful and mysterious are the rain droplets on the windowsill. **{1523}**

Enjoy using over a few days a variety of introductory greeting formulae; good it is for yourself to do so and good too it is for others to be expecting something new from you. **{1524}**

Remember you are for you the primary dwelling place of Nature: the first place for you to come to know and appreciate Nature; everyone else and everything else comes after that. **{1525}**

Acknowledge your thinking, speaking, gesturing and even walking to be yes very original and yet undeniably of a style reminiscent of your ancestors; your geological, cultural and historical background; today know that to mean you are defined by Planet Earth. **{1526}**

In order to get your message across more clearly culture yourself to use the richness of refreshing vocabulary and the instantaneity of in vogue metaphors. **{1527}**

Enjoy playing with theories; enjoy putting them out there and gallantly defending them; howsoever, have nothing at all to do with conspiratorial theories for needless to say they will scramble your mind for many a day, leaving you with no sure way to get back to carefree way. **{1528}**

When speaking to yourself address yourself directly; don't be talking in a roundabout way. **{1529}**

Have your expressions be full of confidence. **{1530}**

Have a go at trying to define your personal or historical background; bravely go as far as such defining will allow you to go. **{1531}**

Remind yourself from time to time of your former kindnesses, and if to your surprise you find you have veered away from them somewhat, then then and there reset yourself accordingly. **{1532}**

Know that although Nature may at times seem absent from you; forgetful as it were of your existence but that is never so for Nature is always present; always aware of you; there being no time or place when you aren't of Nature.
{1533}

Be of a persistent confidence in Nature.
{1534}

Realise that for most of the time, if in fact not nearly for all of the time, the 'I' with reference to

you only refers to you, but then again there can and will be occasions when ‘your’ I will be collective. {1535}

Speak always in the name of yourself. {1536}

Compose your words well that they may represent you well; the essence of what you say is entirely personal: coming as it does straight from you. {1537}

Let gratitude and modesty before Nature be themes of your day; well does your courage depend upon it. {1538}

Know yourself to be an exceptional and composite form; lifeform. {1539}

Remember, remember and remember, you are never ever unnatural to Nature; natural you are pure and simple. {1540}

Enjoy incorporating nuances and subtleties into your words; subtleties and nuances for the wellbeing of all. {1541}

Keep before you that no word of yours, no action of yours is there that hasn’t a direct connection with others; with every living thing on the planet, even with the planet itself; the solar system, the Milky Way Galaxy and the galaxies without end; in a word: a direct connection with Nature. **{1542}**

Although finding the small-minded to be greater by far in number, follow you always the advice of the big-minded. **{1543}**

Find your pleasure and joy in the caring ways of Nature. **{1544}**

Yield into language your thoughts only when they are ripe. **{1545}**

Know that without doing a single thing or uttering a single word you are a success; how much more then will you be if you something say or do? **{1546}**

Know that if nothing is like this it doesn’t imply that it is like that for this and that are just that: this and that; the same sameness would hold true for that and this. **{1547}**

Although your words are of breath fashioned and upon breath sent forth they are know: more than wind upon the wind. **{1548}**

Above all have yourself for yourself be virtuous; having yourself be virtuous for others is too most desirable though far from easy to sustain; as such don’t be too hard on yourself if you have found yourself to somehow unknown to yourself come under its influence; attentively correct yourself, that is all you need to do. {1549}

When you are in your own company talk away

under your breath to yourself as much as you like; howsoever, in the company of others never mutter; better it is to stay silent, otherwise speak up and speak out clearly. {1550}

Before you give advice to anyone on how best to be say morally, first be of a certainty that you yourself are making every effort so to be; you may not get there today but seeing that tomorrow is yet another day then therein there is every chance you very well may; the main thing being to keep on trying. {1551}

Although it would seem to be the most obvious thing to do when thinking about certain things make you feel miserable do it; do it: give up thinking about them and you will be fine. {1552}

Take time at times to smile at yourself for the wondrous ways you have of letting yourself not deal with certain things when you know quite well you can and you ought to. {1553}

Know today you are as you were yesterday; as you were yesterday and today will you so too be tomorrow: will you find yourself to be of Nature found; no need as such to be letting yourself distract yourself into thinking; into even believing you are of anything otherwise found. **{1554}**

Your heritage is yourself; know yourself to be so much more than just merely your everyday nightly monthly yearly self. **{1555}**

Learn wisdom through doing and reflecting; more so through reflecting for the doing of anything requires most if not all of your attention; do nothing without reflecting on it afterwards, even for a moment for surely therein are gems of wisdom to be found. {1556}

Don’t for any reason turn against yourself; if you rebel against yourself yourself you will ruin; instead always in yourself take full heart and all will be well. {1557}

Have your mind be in a such way that you can lie down and go to sleep without worries holding you back; with waking from such a fine sleep you will be made afresh and be able to take on all difficulties anew and overcome them; overcome if not today then tomorrow or a near tomorrow coming. {1558}

When with finding yourself in trouble come as much as possible to your own relief. {1559}

Know that there is no place where Nature isn’t working wonders; open your eyes to observe them. {1560}

Include moments of quiet meditation within your listening; even within your speaking do so. **{1561}**

Be in the joy of Nature; let you heart be made joyful by Nature. **{1562}**

Let your own words come first of all to your own ears. **{1563}**

Have not yourself be waiting for Nature like you would have yourself wait say for the sun, moon or star rises: you don’ in this sense have to wait for Nature for there is no place where Nature isn’t; where you aren’t in and of Nature. **{1564}**

Lead yourself according to Nature along pathways of goodness: pathways of goodness will ever make themselves plain to you. **{1565}**

Take shelter from the rain to remain dry; to keep safe protect yourself and your beloved ones and all the more the many as you can from the wild winds. **{1566}**

Know that your dreams be they of your sleeping by night or napping by day are not remembrances of anything; neither are they premonitions of anything: they are but what they are, dreams. **{1567}**

With the arrival of the new dawn, lift up the light of your countenance on the bedroom, kitchen and garden; throughout the day let it softly radiate away on to the fields, valleys, hills and oceans; radiate away out and out on to at least the furthest reachings of the Milky Way. **{1568}**

Know that there is no time of the day or night or month or season that may be regarded as the time

of, call it for want of a better phrase, Nature’s favour; Nature is by nature wherever and whenever favourable. {1569}

Be virtuous and brimming over with integrity; walk in honesty: being true to yourself; true to Nature. {1570}

Know that Nature doesn’t protect you from anything; it is you yourself who must protect yourself: by way and talk say, it is you who must in wintery days prepare and light the hearth and in scorching summer stay or be in the shade sipping away say lemonade. {1571}

Well think things through; superficially won’t do: tripped yourself up you will have by the next new moon come all too soon. {1572}

Know that Nature has no name or has It any need for one; calling It Nature being merely a word of agreement and convenience to work with in the spoken and written word. {1573}

Realise fully that Nature is not any the more or the less sensitive to the movements of the tiniest microorganisms on the planet as to that of the toing, froing and swirling about of the whatsoever it is that is there about the galaxies; nor is it any the more or the less sensitive to the tips of the hairs on your head as to a diminutive blister on the sole of your foot. **{1574}**

Know yourself to be neither a god or even less than a god; neither are you crowned with glory and splendour above anything or are you to be lord over everything living or non-living on this planet: lord of this planet or its moon or of any a planet and their moons: you are as all things are a unique nature of Nature formed; accordingly harmonious be. **{1575}**

Be of the morality of Nature; what is it to be of the morality of Nature? it is to be naturally moral: to say more, it is always and everywhere to be intuitively aware of what is the natural and unnatural thing to be doing: the natural alone be doing. **{1576}**

With waking be thankful for what you have; throughout the day be thankful for what you have and with entering sleep of the night be thankful for what you have; smile if even in your dreams you will thusly find yourself being thankful for what you have. **{1577}**

Rely on Nature for of Nature you are. **{1578}**

Know that your hopes will always be brought to something; what that something is may be somewhat different from what you had originally hoped for yet you will feel a great sense of both satisfaction and gratification. **{1579}**

Know that your mind works only the way you

want it and allow it to work: of it you are fully in charge. {1580}

In the valleys fly your thoughts way up and way into the hills; in the hills way down and way down into the valleys: have them be as carefree as a bird on the wing; alighting wheresoever they will. {1581}

Have your looking at anything be more than merely a looking; have it rather be a gazing: a searching gaze that carefully scans therein for the ways of Nature most wondrous. {1582}

With delivering your words take charge of your breathing; take charge of the movement of your tongue and the shaping of your lips; with one accord have them be. {1583}

Give your eyes light in the light of day; dark in the dark of night; in this way most comfortable will they be. {1584}

When in walking should you stumble and almost fall, stop there and then: stand still and ask yourself, "How to so to me did I cause that to happen?" {1585}

If you happen upon someone who is convinced without having the slightest doubt that God is or someone else who says with a similar conviction and honesty that God isn’t or someone again who says they are not sure if God is or isn’t, then you

graciously let them all with their beliefs respectfully be; don't try to change them: you alone however be unwavering in your experience, knowledge and wisdom that that all there is is Nature; nothing at all is there It over above and beyond. **{1586}**

Think not; despair not that there are hardly any good people left in the world; be assured the more the many of them there are by far than those pitiful self-tainted few who think being good isn't worth their while; being good is pre-eminently worthwhile. **{1587}**

Do your utmost to have your day nightly life be blameless; try your very best to do what is right; speak truth from your heart and above all don't' in any way speak badly of anyone. **{1588}**

As you be your paths of the moment present themselves to you; thusly have your mind be of a flexibility that you can confidently decide whether or not to take any one of them or best to wait for some more to reveal themselves. **{1589}**

The starry heavens declare the magnificence of Nature, so also the dew upon the grass; gaze upon the palms of your hands and there too in great abundance will you find it to be. **{1590}**

From time to time have your imagination listen to things you don’t normally associate with making

any sound, such as the floating along of the clouds and the spinning of the planet and the moon. **{1591}**

Author biography

Richard Mc Sweeney: Risteárd Mac Suibhne; Richard Ériugena: Richard of Éire is a self-designated Planet Earth philosopher of the natural kind; a self-originator who enjoys expressing his ideas and insights: his philosophical fiction in a charmingly personal prose-poetic style.

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Richard is the son of Risteárd Mac Suibhne – Richard Mc Sweeney (1923-1985) of the western environs of the village of Baile Mhúirne – Ballyvourney in southwest county Cork and Siobhán Ni hÉalaighthe – Joan Healy (1936-2021) of the southeastern environs of the village of Gleannúir – Glanworth in northeast county Cork. He himself was born in the eastern environs of the town of Mainistir Fhear Maí – Fermoy also in northeast county Cork – Contae Chorcaí.

The closing two decades of the last century saw him teaching English Language and Literature and studying philosophy in the Far East: the Republic of Korea and the Middle East, namely the Kingdom of Saudi Arabia and the United Arab Emirates respectively.

He has a Masters in Chinese Taoist Philosophy □□ (Lao-Tzu □□ & Chuang-Tzu □□) from Seoul National University which he gained through the mediums of Korean □□(□□) and Classical Chinese □□ □□ □□. He was also enrolled in the PhD programme for two years in the same department at SNU.

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